



Attention Deficit Hyperactivity Disorder Therapeutic Use Exemption Fact Sheet

The Australian Sports Drug Medical Advisory Committee (ASDMAC) processes Therapeutic Use Exemptions (TUE) that allow athletes who for medical (therapeutic) reasons need to take medications that are prohibited in sport.

DO I NEED A TUE IF I SUFFER FROM ADHD?

Common medications (stimulants) that are prescribed to treat Attention Deficit Hyperactivity Disorder (ADHD) are prohibited in sport during competition (WADA's 2010 Prohibited List, section 6). If you do not have a TUE and test positive for a prohibited substance, you may be sanctioned or banned from participation for a period of time.

You must get a TUE before being tested (for example before you compete) if you are classed as an athlete by the Australian Sports Anti-Doping Authority (ASADA). See the TUE Fact Sheet to determine if you meet this definition.

HOW DO I APPLY FOR A TUE FROM ASDMAC?

You and your doctor (for example GP and/or specialists) must complete the TUE application form. This is available at www.asdmac.gov.au. Include your supporting evidence, and send the application to the ASDMAC office. You need to do this **30 days before starting your medication**. However, if you are currently taking medication for ADHD, continue to take it as prescribed while applying for your TUE.

You must supply **appropriate and separate medical evidence** with your application.

Applications are returned when appropriate medical evidence is not provided.

WHAT 'MEDICAL EVIDENCE' NEEDS TO BE PROVIDED?

There is no specific medical test to determine the presence of ADHD, so we need more than a statement from your GP stating the condition exists.

You must also submit **a separate letter from the treating specialist** (paediatrician or psychiatrist) outlining:

- the age of onset of the condition
- the diagnostic criteria met
- treatments trialled, in particular current and previous medications
- history of any time off stimulant medication and the response to this.

This letter can be in the form of a summary or a recent review letter used in communication between your GP and your specialist within the last 12 months.

Your specialist can refer to the detailed World Anti-Doping Agency fact sheet 'Medical information used to support the decisions of TUECs – ADHD' available at www.wada-ama.org

Within 30 days of receipt of your application, ASDMAC will make a decision and advise you of the outcome by post.