

# Glucocorticoid injections

Glucocorticoids (GCs) are commonly used to treat inflammation and severe allergies.

**ALL GC injections are banned in-competition.**



## **Detectable for 60 days or more**

Most GCs are eliminated from your body within 3-5 days, but some take 60 days or more to be undetectable to doping control. The time this takes is known as the “washout” period.

Sometimes, an in-competition test sample may be positive for GCs after an out-of-competition injection. In these cases, you must be prepared to apply for a retrospective Therapeutic Use Exemption (TUE).

## **TUEs for GC injections**

If you are prescribed a GC injection during the in-competition period then you’ll need to know if you require an in-advance TUE. Our TUE decision-making chart (see next page) will help you work it out.

If you don’t require an in-advance TUE, or you require a GC injection out-of-competition then you should ask your doctor to make comprehensive medical records relating to your GC treatment and share these with you. You will need them if you need to apply for a proactive TUE.

**In a medical emergency such as an acute asthma attack or violent allergic reaction, your health comes first. Always get the treatment you need.**

## When do you require a GC injection?

### In-competition

Do you require an in-advance TUE?

#### Yes

Apply for TUE. It must be granted before seeking treatment.

#### No.

Seek treatment and keep a medical record.

### Out-of-competition

Seek treatment and keep a medical record to apply for a retroactive TUE if necessary.

#### Tested.

If positive test is recorded, apply for retroactive TUE using your medical record.

#### Not tested.

Keep a medical record in case it is required later.

### Medical records.

You need a complete medical record when you apply for a TUE. It should include:

- A medical diagnosis where a GC injection is the recognised treatment;
- Evidence that a permitted alternative was tried, unavailable or not considered the best treatment option;
- The date and specific GC given, dose and by what means (such as a copy of the radiologist report if the injection is given under ultrasound or X-ray guidance).

### As athletes it is important to:

- Discuss your competitive status with your medical professional;
- Check all medications on GlobalDro.

Apply for a TUE at [sportintegrity.nz/tue](https://sportintegrity.nz/tue)