



SPORT INTEGRITY  
AUSTRALIA

# CORTISONE (GLUCOCORTICOID) INJECTION CHANGES

Glucocorticoid (GC) injections are prescribed and administered by doctors to manage conditions like inflammation, impingement and severe allergies in athletes.

From 1 January 2022, **all GC injections will be prohibited in-competition.**



## IN-COMPETITION\*

If you need a GC injection in-competition, you will require a Therapeutic Use Exemption (TUE). Your level of competition will determine if you need an in-advance or planned retroactive TUE. If you require an in-advance TUE you will need to apply **prior** to the injection. If not, you will need to ensure you have appropriate records for your injection. You can check whether you need an in-advance TUE on the Sport Integrity app.



## OUT-OF-COMPETITION

Glucocorticoids are allowed to be used out-of-competition, however they cannot be in your system while competing. Even if you have an injection in the off-season, or between games, you can still test positive to GCs in-competition.

If you use a GC out-of-competition, you should keep a medical record of the injection. If you test positive, you can then use this to verify when the injection was given.



## THE BOTTOM LINE

**Glucocorticoid injections are banned during the in-competition period. If you need one for legitimate medical purposes, check the Sport Integrity app for your TUE requirements and keep a medical record. You should always discuss any treatment with your doctor and check any medications you are taking on GlobalDRO.**



**FIND OUT MORE**  
Download the Sport Integrity App  
Email: [asdmac@sportintegrity.gov.au](mailto:asdmac@sportintegrity.gov.au)  
Call **13 000 27232**

\*The in-competition period begins at 11:59pm the night before an event, and finishes after the event (and any testing processes that follow).