



SPORT INTEGRITY
AUSTRALIA

CORTISONE (GLUCOCORTICOIDS) INJECTION CHANGES

BACKGROUND

Doctors prescribe and administer Glucocorticoid (GC), "cortisone", injections for the management of medical conditions which may include:

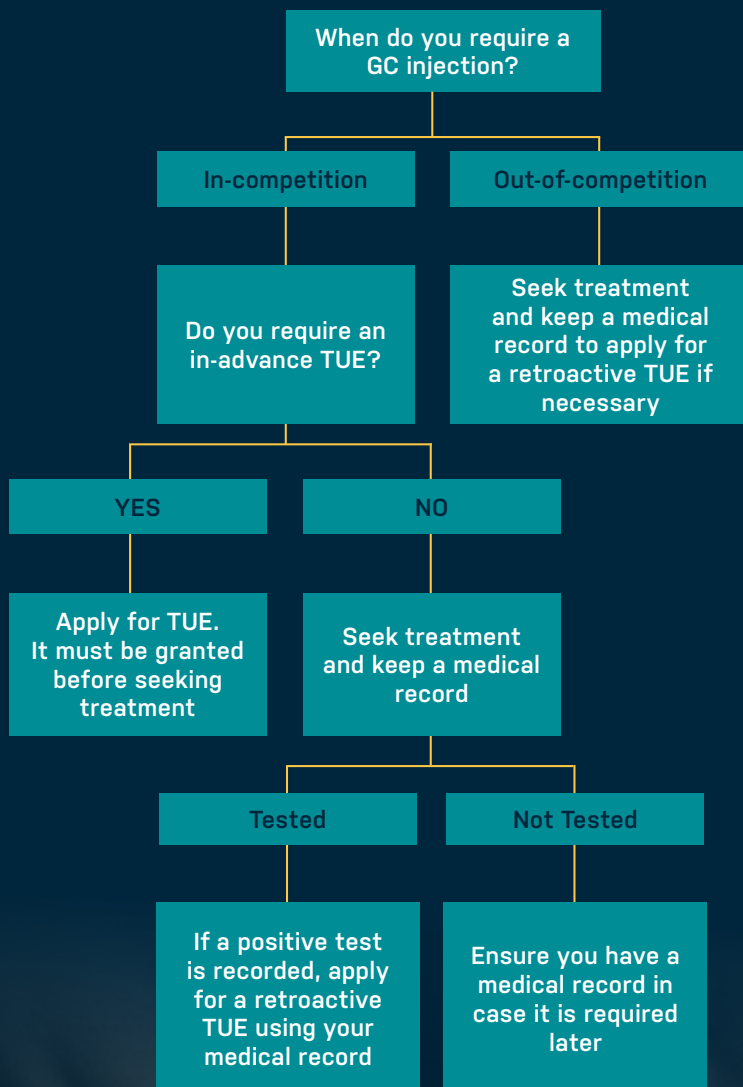
- Inflammation in joints, bursa (bursitis) or around tendons
- For impingement (pressure) on nerves in the spinal canal from disc bulges
- For severe allergies such as anaphylaxis.

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

If you are prescribed a GC injection during the in-competition period you will need to determine if you require an in-advance Therapeutic Use Exemption (TUE). Check your requirements on the Sport Integrity app.

If you are prescribed a GC injection just prior to competition you should discuss with your doctor how long it will take for the substance to no longer be present/detectable in your blood or urine. This is often referred to as the wash out period.

The wash out period of GC varies depending on the type used. If you use it close to competition, it may show up in doping control. The most commonly injected GCs have a washout period of 3 to 5 days, but some are longer. The flow chart explains the process for athletes who require GC both in- and out-of-competition.



Your medical record is required when applying for a TUE and should include:

- a medical diagnosis where a GC injection is the recognised treatment
- a permitted alternative was tried, not available or not considered the best treatment option
- the GC type given, dose and by what means (such as a copy of the radiologists report if the injection is given under ultrasound or X-ray guidance).

As athletes, you should have the medical treatment you require but it is important that you discuss your athletic status with your doctor and check all medications on GlobalDro and supplements on the Sport Integrity app.