

## Guidelines for TUE procedure after glucocorticoids' administration taking into account periods of elimination of glucocorticoids from the body

*(in effect as of January 1<sup>st</sup>, 2026)*

Additional Instructions to the Guidelines of the Anti-Doping Division (Applicable to the national level athletes)

How to proceed with the TUE application in case of administered glucocorticoids in the Out Of Competition period

last dose of corticosteroids (applied * or planned **)	procedure
Washout period has not been completed before the competition	it is necessary to apply for a TUE as soon as possible (the athlete should have an approved TUE so that there is no anti-doping rule violation when going to the competition)
Washout period has been completed before the competition	it is not necessary to apply for a TUE before the competition as the substance banned in competition is applied out of the competition and in the period outside the expected washout period time range (the athlete will be allowed to apply for the TUE in case of adverse analytical finding in competition)
it is not possible to determine with certainty whether the elimination time has been completed before the competition	in case of any ambiguities regarding the need to grant a therapeutic exemption, please contact the Anti-Doping Service at <a href="mailto:tue@hzjz.hr">tue@hzjz.hr</a>

**Note:** The 'washout period' in terms of this guidelines should be calculated from the time of the last administered dose of the drug

International-level athletes should apply for a TUE to their international federation. In case additional instructions are needed, athletes can contact the Anti-Doping Division at [tue@hzjz.hr](mailto:tue@hzjz.hr)

Athletes below the national level should contact the Anti-Doping Division at [tue@hzjz.hr](mailto:tue@hzjz.hr) for instructions.

\* applied (retroactive TUE)

\*\* planned (proactive TUE)

*Washout periods for glucocorticoids*

Route	Glucocorticoid	Washout period*
<b>Oral**</b>	All glucocorticoids	3 days
	<b>Except:</b> triamcinolone; triamcinolone acetonide	10 days
<b>Intramuscular***</b>	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetonide	60 days
<b>Local injections***</b> (including periarticular, intra-articular, peritendinous and intratendinous)	All glucocorticoids	3 days
	<b>Except:</b> prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide	10 days
<b>Rectal</b>	All glucocorticoids	3 days
	<b>Except:</b> triamcinolone diacetate; triamcinolone acetonide	10 days

\* The “washout period” refers to the time from the last administered dose to the start of the in-competition period (i.e. starting at 23:59 on the day before the competition in which the athlete is scheduled to participate, unless a different period has been approved by WADA for a particular sport). This allows for the clearance of glucocorticoids below reporting levels.

\*\* Oral routes also include e.g. oromucosal, buccal, gingival and sublingual.

\*\*\* Use of sustained-release glucocorticoid formulations may result in detectable glucocorticoid levels past the washout period due to prolonged systemic absorption.

The stated washout time periods indicate the time after which traces of administration of a particular glucocorticoid are no longer expected in the sample of an athlete. If the period from the last administered dose to the start of the competition (that begins at 11:59 p.m. on the day before the competition in which the athlete is scheduled to participate, unless a different period was approved by WADA for a given sport) is greater than the stated time period, meaning that the elimination period is over before the start of the competition, then it is not necessary to apply for a TUE. This is shown for the purpose of better planning related to the glucocorticoid washout period to a level below the laboratory reporting limit and establishing clear criteria for defining the need to apply for TUE in cases of out-of-competition glucocorticoid administration, followed by athlete’s participation in a competition.

### Additional information on changes to the rules for the use of glucocorticoids

**Prohibited ways of application (it is necessary to ask for TUE):** As of the 2026 Prohibited List, GCs are prohibited in-competition when administered by all injectable, oral, or rectal routes. Examples of injectable routes of administration include intravenous, intramuscular, periarticular, intraarticular, peritendinous, intratendinous, epidural, intrathecal, intrabursal, intralesional (e.g., intrakeloid), intradermal, and subcutaneous. It should be noted that all oral routes of administration of GCs remain prohibited including oromucosal, buccal, gingival, and sublingual routes.

**Allowed ways of application (no need to ask for TUE):** All other routes of administration including inhalation, intranasal spray, ophthalmological drops, perianal, dermal, dental intracanal application and topical applications are permitted at all times and do not require a TUE.

Detailed explanations regarding this can be found on the CIPHs Anti-Doping Division webpage under heading "Summary of Major Modifications and Explanatory Notes": [https://www.hzjz.hr/wp-content/uploads/2026/01/2026\\_list\\_explanatory\\_note\\_en\\_final\\_september\\_2025.pdf](https://www.hzjz.hr/wp-content/uploads/2026/01/2026_list_explanatory_note_en_final_september_2025.pdf)

An athlete risks being sanctioned when a GC, its metabolites or markers are found to exceed the laboratory reporting levels in a urine sample collected in-competition. As per the 2021 Code, an in-competition sample may be collected from 11:59 pm on the day before the competition to the end of such competition including the subsequent sample collection process. However, the definition of in-competition is defined differently in a few sports. Athletes are advised to confirm with their sport federation or national anti-doping organization.]

Out-of-competition use of GCs, by any route, is not prohibited. However, an in-competition urine sample may contain evidence of GC use even though this took place out-of-competition, and an adverse analytical finding (AAF) may be reported. If the athlete and attending physician provide appropriate clinical justification for GC use, a retroactive TUE may be granted. However, if no TUE is granted, the AAF may lead to a sanction.

In order to minimize AAF risk, WADA had published expected glucocorticoid **washout periods** so athletes and their medical professionals are advised to abide by these periods when planning glucocorticoid treatment. After washout period expiration, a certain glucocorticoid should not (in majority of cases) be found in a sample at reporting levels for AAF. Washout periods for glucocorticoids can be found in the table '*Washout periods for glucocorticoids*'.

For additional inquiries regarding the application of these guidelines, the need to apply for a therapeutic use exemption, as well as other questions related to prohibited substances in medicines, food supplements or other products, you can contact the Anti-Doping Division by email: [tue@hzjz.hr](mailto:tue@hzjz.hr) or by phone at: 01 / 5510-653.