



CORTISONE (GLUCOCORTICOID) INJECTIONS*

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.

All GC injections are 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), or whether you only need to plan for a retroactive TUE. You can check your TUE requirements on the Sport Integrity app.

If you receive a GC injection **during competition** without a valid TUE, you can receive a ban from sport.

GCs can stay in your system for anywhere between 3 days to 10 weeks. This means you may still test positive to a GC In-Competition, even if you used it Out-of-Competition. If you receive a GC injection outside of competition, but test positive during competition you will be required to prove how and when the GC entered your system, or face a ban from sport.

If you have a GC injection, you will need a medical record which includes:

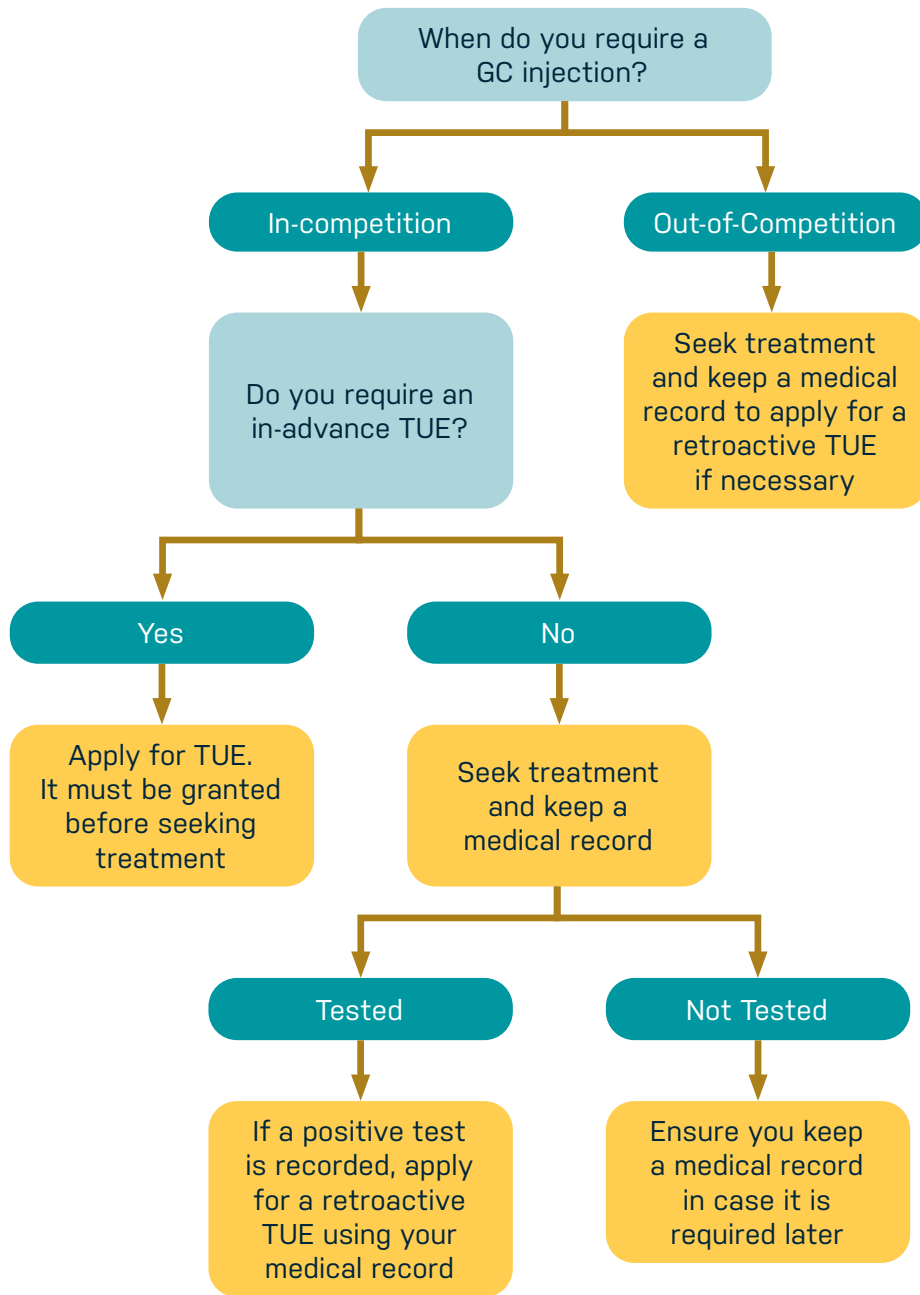
- a medical diagnosis where a GC injection is the recognised treatment
- a permitted alternative was tried, not available or not considered the best treatment option
- the GC type given, dose and by what means (such as a copy of the radiologists report if the injection is given under ultrasound or X-ray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

You can also avoid testing positive to GCs In-Competition by directing your doctor to the Glucocorticoid wash-out periods on the Sport Integrity website.

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.

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 following flow chart explains the process for athletes who require GC both In- and Out-of-Competition.

**Remember, the oral and rectal administration of glucocorticoids is also prohibited In-Competition. Make sure you always check Global DRO before using any substances.*



For More Information

Visit <https://www.sportintegrity.gov.au/what-we-do/therapeutic-use-exemption-tue>
 Email asdmac@sportintegrity.gov.au | Call our Safe Sport Hotline 1800 161 361, or enquire 1300 027 232