



*Checklist for Therapeutic Use Exemption (TUE) Application:*  
**Growth Hormone Deficiency (GHD) and Other Indications  
 for Growth Hormone Therapy**  
**Adult and Transition from Childhood**  
*Prohibited Substance: Growth Hormone*



This Checklist is to guide the athlete and their physician on the requirements for a TUE application that will allow the TUE Committee to assess whether the relevant ISTUE Criteria are met.

Please note that the completed TUE application form alone is not sufficient; supporting documents **MUST** be provided. A *completed application and checklist DO NOT guarantee the granting of a TUE*. Conversely, in some situations a legitimate application may not include every element on the checklist.

<input type="checkbox"/>	<b>TUE Application form</b> must include:
<input type="checkbox"/>	All sections completed in legible handwriting
<input type="checkbox"/>	All information submitted in [language]
<input type="checkbox"/>	A signature from the applying physician
<input type="checkbox"/>	The Athlete's signature
<input type="checkbox"/>	<b>Medical report</b> should include details of:
<input type="checkbox"/>	<p>Medical history:            Aetiology: Genetic growth hormone deficiency, intracranial disease, pituitary tumor; irradiation, surgery, or bleeding in the hypothalamic-pituitary area; traumatic brain injury or whole body irradiation. Treatment of other pituitary hormone deficiencies. Furthermore, in case of:</p> <p>a) Adult<sup>i</sup>: Fatigue, poor exercise capacity, abdominal obesity, impaired psychosocial function.            b) Transition<sup>ii</sup>: Evidence of short stature and growth deceleration based on standard deviation; any specific treatment as a child. Physician's interpretation of diagnostic tests performed during transition.</p>
<input type="checkbox"/>	<p>Physical exam:            Adults: May be unremarkable            Transition: Height, weight, body mass index</p>
<input type="checkbox"/>	<b>Diagnostic test results</b> should include copies of:
<input type="checkbox"/>	<p>Laboratory tests: Insulin-like growth factor-1 (in ng/mL) measured after 2–4 weeks off recombinant human growth hormone in those on therapy; no earlier than 12 months after brain injury in those with post-traumatic etiology.            Other hormone levels: thyroid-stimulating hormone (TSH), follicle-stimulating hormone (FSH), luteinizing hormone (LH), prolactin. Morning cortisol as a reliable indicator of adrenocorticotrophic hormone (ACTH).            MRI of pituitary/hypothalamus to assess structural abnormalities for all new onset GHD (any age)</p>
<input type="checkbox"/>	If diagnosed during childhood, gene (GH-1 or GHRH-R) or transcription factor mutations (e.g., PROP-1, POU1F1 (Pit-1)) known to result in hypopituitarism
<input type="checkbox"/>	<p>Growth hormone stimulation tests may include:            Adults: Insulin tolerance test, glucagon stimulation test, growth hormone–releasing hormone (GHRH)-arginine stimulation test, macimorelin test. Results of stimulation testing during transition (if performed).            Transition: Insulin tolerance test, glucagon stimulation test, macimorelin test.</p> <p><b>Note: Stimulation tests are not required when hypopituitarism is diagnosed (≥3 other pituitary hormone deficits or gene or transcription factor mutations present (see above). Additional tests are also not required if IGF-1 levels 2–4 weeks after stopping treatment remain below -2 SD.</b></p>

<sup>i</sup> Adult-onset deficiency

<sup>ii</sup> Transition from childhood, i.e. when linear growth has ceased