



MEDICAL INFORMATION TO SUPPORT A TUE APPLICATION

ACUTE MOUNTAIN SICKNESS (AMS) Travel to altitude – prevention (and/or treatment)

WHAT INFORMATION IS REQUIRED IN YOUR APPLICATION FOR A TUE?

Athletes requesting an in-advance TUE for the use of Diamox to prevent AMS should provide:

- A completed TUE application form signed by the treating doctor and athlete.
- Detailed typed clinical letter(s) from prescribing specialist/doctor that includes:
 - Medication dose and duration, including planned date of commencement
 - Reasons for travel e.g. holiday, competition
 - Relevant medical history including:
 - a history of altitude illness with full medical documentation of the event
 - details of any medical co-morbidities which increase the risk of AMS
 - reasons for rapid ascent, preventing appropriate acclimatise to altitude
- Full travel itinerary, including trekking or travel dates, altitudes, and flights

Athletes requesting a retroactive TUE following the use of Diamox to treat an episode of AMS should provide:

- A completed TUE application form signed by the treating doctor and athlete.
- Medical notes from the treatment, including dose used and duration of treatment
- Travel details – including reason for travel and destination

