

Guide to Doping Control in Sport

Drug abuse in sport not only contravenes the spirit of fair competition, it can also be dangerous to your health.

Recommended Precautions

- Advise your doctor or pharmacist that you are an athlete subject to drug testing and ask him/her to check all medications being prescribed to you to ensure they contain no banned substances. Your doctor receives a monthly publication called MIMS. He/She can check the status of your medication in this book.
- Do not take any medications given to you by others without checking them first and establishing if they are permitted in your sport.
- Asthmatics, ensure that your medication is permitted and an Abbreviated Therapeutic Use Exemption (TUE) is obtained where required. A Standard TUE may be required in some cases.
- All insulin-dependent diabetics are required to apply for a Standard TUE to cover their insulin use.
- You are advised to declare all medications at the time of a drug test.
- Some medications are available in different combinations; one may be allowed, while another is banned (e.g. Anusol Suppositories are permitted, Anusol HC Suppositories are prohibited).
- Use of foreign medications is at the athlete's own risk. Don't assume that brand names available abroad are the same as those at home e.g. Vicks Inhaler which is widely available in Ireland is permitted in sport. However some Vicks Inhalers available in the US may contain a prohibited substance.
- If you suffer from a pre-existing condition (e.g. epilepsy, asthma, diabetes), take a supply from Ireland of any medications you may need when you are travelling overseas. Remember, you may require a TUE. Please check before you travel overseas.
- When traveling overseas, it is a good idea to take common medications with you (e.g. painkillers, cold tablets, upset stomach medications). Make sure you check that these are all permitted before you leave.
- Some substances may be banned by certain sports but not others (e.g. alcohol, beta-blockers). These are published each year in the WADA Prohibited List - see www.wada-ama.org
- **Always check with the Irish Sports Council if in doubt.**
- **You can check the status of Irish medications on www.eirpharm.com or for UK medications on www.didglobal.com**
- **Ask your G.P. to check MIMS to see if your medication requires a Therapeutic Use Exemption (TUE). TUE forms can be obtained from the Anti-Doping Unit or downloaded from www.irishsportsCouncil.ie**

Warning

Medications prescribed by your doctor may contain prohibited substances. Some vitamin, herbal and nutritional substances/supplements may also contain prohibited substances, such as Ma Huang, Chinese Ephedra. Use of all medications, supplements and herbal products is at the athlete's own risk. Do not be misled by the term "natural" or that a product is specifically marketed as a "sports supplement".

The substances listed are only examples of substances permitted or prohibited by WADA. It is not a comprehensive list. If in doubt check with the Irish Sports Council.

Treatment Guidelines

Examples of drugs permitted for use in sport by WADA

Respiratory treatments: Theophylline, aminophylline, sodium cromoglycate, tiotropium bromide and montelukast are permitted. However, inhalers of salbutamol, salmeterol, terbutaline, formoterol, beclomethasone, fluticasone, budesonide, mometasone and ciclesonide are restricted and require notification on an Abbreviated TUE Form.

Oral prednisolone, orciprenaline, terbutaline and salbutamol are prohibited and require a Standard TUE form.

Nasal Congestion: Pseudoephedrine, xylometazoline nasal sprays and corticosteroid nasal sprays are permitted.

Stomach Upset, Nausea & Vomiting: Metoclopramide, domperidone and antacids are permitted.

Hayfever & Allergy treatments: Oral Antihistamines such as loratidine or cetirizine are permitted. Corticosteroid nasal sprays, nasal drops & eye drops are also permitted.

Kenalog and Depo-medrone when administered intramuscularly to prevent Hayfever require a Standard TUE.

Pain and Inflammation: Paracetamol, codeine, dihydrocodeine, all Non-Steroidal Anti-Inflammatory Drugs (NSAIDs including ibuprofen, aspirin) and local anaesthetics are permitted.

Antidiarrhoeals: Loperamide, diphenoxylate and electrolyte replacement agents are permitted.

Stomach Upset, Nausea & Vomiting: Metoclopramide, domperidone and antacids are permitted.

All antibiotics are permitted.

All contraceptives are permitted.

All anti-malaria preventative treatments are permitted.

All vaccines including travel vaccines (e.g. yellow-fever, typhoid, Hepatitis A etc), meningitis vaccines and influenza vaccines are permitted.

Coughs and Colds: The majority of non-prescription cough and cold preparations, including those containing the decongestants pseudoephedrine and phenylpropanolamine are now permitted. Casacol is prohibited. Please note that some products available in Northern Ireland e.g. *Franol, Cam, Haymine, Do-Do Chesteze Tablets* contain a prohibited substance (ephedrine) and are therefore prohibited, requiring a Standard TUE.

Haemorrhoids: Products such as Preparation H are permitted. Suppositories containing steroids e.g. Anusol HC Suppositories are prohibited and require a Standard TUE.

Skin Conditions: Dermatological preparations of glucocorticosteroids such as Eurax HC are permitted.

Vitamin and Mineral Supplements: If a Vitamin or Mineral Supplement has a Product Authorisation number (PA number) it can be checked on www.eirpharm.com to see if it is permitted in sport. The presence of a PA number on a product indicates that it has been assessed by the Irish Medicines Board for quality, safety and efficacy. If it has no PA number the product cannot be checked and therefore you use it at your own risk

Disclaimer This information in this card is deliberately concise and is intended to be used as a guide only. For an authoritative reference source consult the World Anti-Doping Code and the 2008 Prohibited List which is available from the Irish Sports Council or www.wada-ama.org. All information correct at time of going to press.