

# QUICK GUIDE: MEDICATIONS

# WHY

## SHOULD I CHECK MEDICATIONS?

Some medications or medical treatments can contain prohibited ingredients or be a prohibited method according to the Prohibited List.

Anti-doping is based on the principle of Strict Liability, which means that an athlete is solely responsible for everything they use and is found in their body - regardless of whether there was an intention to cheat or not, or if the athlete is at fault.

Not knowing that something was prohibited because you didn't check would not be an excuse in the event of a positive test.

# WHEN

## SHOULD I CHECK MY MEDICATION?

The status of all medications should be checked before you use them.

The Prohibited List is updated at least annually on the 1st January with substances and methods being added or removed. The new Prohibited List is published on the WADA website usually three months prior to it coming into force. In exceptional circumstances, a substance or method can be added to the Prohibited List at any time.

[Find out more about the Prohibited List](#)

# HOW

## DO I CHECK MY MEDICATION?

Athletes must check all medications against the Prohibited List before use (including any conditions of use). To do this they can:

- ✓ Check the Prohibited List directly
- ✓ Check with their [National Anti-Doping Organisation \(NADO\)](#)
- ✓ Use a reliable online resource (such as [Global DRO](#))
- ✓ Ask a doctor or pharmacist who is familiar with the Prohibited List and understands an athlete's anti-doping responsibilities

Medications may include several ingredients which must be checked individually regardless of whether the medication was prescribed or purchased over the counter. As ingredients in a medication may differ internationally, the country of purchase must also be checked.



# WHAT HAPPENS IF I AM SICK OR INJURED?

# USEFUL TIPS

Athletes must tell all medical professionals they are an athlete subject to anti-doping rules. If there is no permitted medication for their condition, they must apply for a Therapeutic Use Exemption (TUE) if a prohibited medication is needed for the treatment of their condition. If the strict criteria are met and a TUE is granted, this gives an athlete permission to use the prohibited substance or method for the treatment of their medical condition in the context of sport regulations.

In an emergency medical situation, the athletes' health and care take absolute priority and essential or life-saving medication should not be withheld. However, if a prohibited substance or method must be used, a Retroactive TUE application must be filed for as soon as possible.

[Find out more about TUEs](#)

## INFORM YOUR MEDICAL PROFESSIONALS

Athletes should **tell their medical professionals**, including those they see out of sport e.g., general practitioner, dentist, pharmacist, that they are an athlete and are subject to anti-doping rules.

## IN-COMPETITION VS. OUT-OF-COMPETITION

Different substances take **different amounts of time to leave your system** – be sure to take this into account when taking substances prohibited In-Competition as they must have left your system by the start of this period.

*The In-Competition is the period from 11:59pm the night before a competition until the end of that competition or associated doping control, whichever occurs last. WADA may approve a different In-Competition definition for some International Federations (IFs) – check your IF anti-doping rules to know what it is for your sport.*

## PRESCRIPTION AND OVER-THE-COUNTER MEDICATIONS

Both medications that require a **prescription** and those that can be bought **over-the-counter** can contain prohibited substances.

## DOSE

Some substances are prohibited at specific dosages, for example, some asthma medications. Refer to the Prohibited List for these prohibited dosages.

## ROUTE OF ADMINISTRATION

Check the substance but also how it will be used. For example, a cream used topically on the skin may be permitted while an injection of the same substance may be prohibited.

## BRAND

Some **brands names have multiple variations of the same product with different ingredients**. One could contain a prohibited substance while another may not. Take particular care to check medications of the same brand, including those purchased abroad as they may contain different ingredients.