ENG

ITA
KEEPING SPORT REAL

MEDICATIONS

USEFUL TIPS FOR ATHLETES

PRESCRIPTION AND OVER-THE COUNTER

Both prescription and over-the-counter medications can contain substances on the Prohibited List.

INFORMING YOUR MEDICAL PROFESSIONAL

Always tell your medical professionals that you are an athlete subject to anti-doping rules.

IN-COMPETITION VS. OUT-OF-COMPETITION

Different substances take **different amounts of time to leave your system.** Consider this when taking substances prohibited in-competition as they must have left your system by the start of this period.

DOSAGE

Some medications, like beta-2-agonists for asthma, are **prohibited at specific dosages.** Check the Prohibited List for details.

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

Use only the **specifically recommended and checked** medication. Some brands have variations which may contain prohibited substances.

TRAVELLING ABROAD

Be extra **careful with medications purchased abroad,** as what can appear to be the same product can contain different ingredients.