

2005

DOPING CONTROL IN SPORT SUMMARY GUIDE - FOR ATHLETES

(Valid from 1st January 2005 to 31st December 2005)



2005 DOPING CONTROL IN SPORT Valid From 1 January 2005 to 31 December 2005. NOTE: This information is intended to be a quick guide to assist athletes in treating non-serious conditions. Always advise your doctor/chemist that you are an athlete subject to sports drug testing and ask that they refer to the New Ethicals Catalogue to clarify status of substances.

TREATMENT GUIDELINES

(Examples only)

ASTHMA: For more information contact NZSDA

PERMITTED: Intal, Vicrom.

PERMITTED: only with an abbreviated TUE; all corticosteroid inhalers (e.g. Beclazone, Flixotide, Pulmicort, Respocort, Symbicort) Beta 2 inhalers - Salbutamol, terbutaline, salmeterol, formoterol (e.g. Ventolin, Bricanyl, Foradil, Oxis, Serevent, Symbicort).

PROHIBITED: Other beta 2 inhalers and all oral/systemic beta 2 agonists eg Bambec, oral Ventolin.

Systemic corticosteroids e.g. prednisone.

COUGH, COLD, FLU: Pseudoephedrine is now permitted.

PERMITTED: All antibiotics. Codral, Coldrex, Sudafed, etc.

- all products previously prohibited due to pseudoephedrine.

DIARRHOEA

PERMITTED: Diastop, Imodium, Lomotil, Motilium. PROHIBITED: Products containing morphine.

HAY FEVER

PERMITTED: Antihistamines e.g. Claratyne, Drixine, Otrivine, Phenergan, Polaramine, Telfast, Zyrtec.

PERMITTED: only with an abbreviated TUE; Corticosteroid sprays e.g. Alanase, Atomase, Beconase, Flixonase.

PAIN /INFLAMMATION

PERMITTED: All non-steroidal anti-inflammatories. Aspro, Cataflam, Digesic, Disprin, Nurofen, Paracetamol, Panadeine, Ponstan, Tilcotil, Voltaren.

PERMITTED: only with an abbreviated "TUE" – hydrocortisone local injections.

PROHIBITED: Oral corticosteroids, eg, Medrol, Prednisone. Products containing morphine.

SORE THROAT

PERMITTED: Soluble aspirin or paracetamol gargle, Difflam.

VOMITTING

PERMITTED: Gastrolyte, Maxolon, Stemetil, Sea legs.

CONTRACEPTION

PERMITTED: No oral contraceptives currently available are banned.

SKIN CONDITIONS

PERMITTED: Corticosteroid preparations e.g. Beta Crm/omt (formerly Betnovate), DP Lotion/Crm, Derm-Aid, Egocort, Hydrocortisone Crm, Locoid, Skincalm.

THERAPEUTIC USE EXEMPTIONS ("TUE's")

There are 2 types;

Abbreviated for most inhaled asthma treatments and for non-systemic corticosteroids (excludes skin creams - see below*)
Standard for use of all other prohibited substances including; insulin, prednisone and ritalin. Please check the Agency web site to ensure that any applications are completed fully and correctly.

POINTS TO NOTE FOR 2005

- Important change* - Skin creams/lotions containing corticosteroids are now permitted without restriction.
- Propecia, used to combat hair loss, contains Finasteride a substance which is now banned as a masking agent.
- Pseudoephedrine and caffeine are permitted (as in 2004).
- Marijuana is a prohibited substance in competition and evidence of use may be apparent for weeks.
- Insulin - a Standard TUE is required (contact the Agency)
- Asthma – beta 2 agonists (e.g ventolin) are now prohibited out of competition – an abbreviated "TUE" is required.
- Over the counter products to treat hay fever may contain corticosteroids and medical notification from your doctor is necessary before they can be used.

RECOMMENDED PRECAUTIONS

- Do not take any medications given to you by others (athletes, coach, etc.) without checking them first.
- Asthmatics – get a copy of the NZSDA Asthma Information Sheet at www.nzsda.org
- Vitamin, herbal and nutritional supplements may contain banned substances not listed on the label. Use of these products is at the athlete's own risk.

FOR MORE INFORMATION CALL NZSDA:

0800 DRUGFREE (0800 378-437)

Monday - Friday: 8.30am to 5.00pm

Website: www.nzsda.org