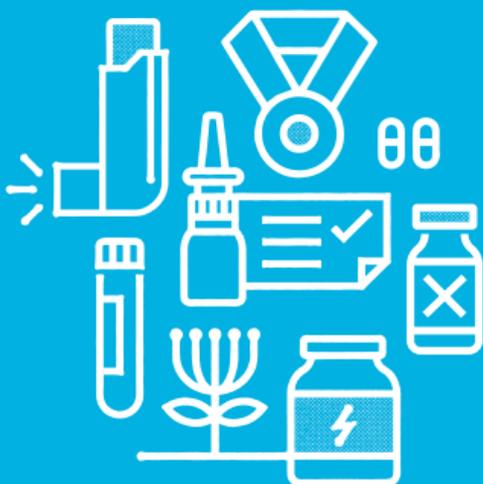


# 2022

## clean athletes. clean sport.

 **drug free sport**  
new zealand



## prohibited medications

Some common medications (and methods of administering them) are prohibited in sport. This guide lists the most common prohibited and permitted medications and methods in Aotearoa New Zealand.

As an athlete, it is your responsibility to check the status of your medications and methods before use.

**The list provided in this guide isn't comprehensive. Scan the QR code to find more info about what's prohibited in sport.**



## therapeutic use exemptions (TUEs)

If you get sick, injured or have an ongoing medical condition and the treatment you require is prohibited, you may need to apply for a TUE.

Some athletes need an approved TUE before using a prohibited medication or method (unless it is a medical emergency).

**Find out if you need TUE approval in advance**

 [drugfreesport.org.nz/tue](https://drugfreesport.org.nz/tue)

 [tue@drugfreesport.org.nz](mailto:tue@drugfreesport.org.nz)

## education

Education gives everyone the knowledge and values they need to compete clean. Getting educated helps to stop rules being broken accidentally, protects athlete health and promotes fair competition.

Athletes, coaches, medical professionals, support staff and parents all play a vital role in creating a culture of clean sport. We can support everyone to develop clean sport knowledge and values thanks to our free workshops, webinars and e-courses.

**Book your free workshop or webinar**

 [education@drugfreesport.org.nz](mailto:education@drugfreesport.org.nz)

**Start your clean sport journey with a quick and easy e-course**

 [drugfreesport.org.nz/e-learning](https://drugfreesport.org.nz/e-learning)

## athlete rights

WADA's Athletes Anti-Doping Rights Act protects an athlete's fundamental right to participate in clean sport, promoting health, fairness and equal opportunity for all athletes worldwide.

**The Act includes rights:**

- > during testing missions
- > to a fair, independent, timely hearing
- > to report concerns without the threat of retribution or retaliation
- > to medical treatment
- > to education
- > to data protection
- > to compensation
- > to B Sample analysis.

**Read more at**  [drugfreesport.org.nz/rights](https://drugfreesport.org.nz/rights)

## contact us

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fax: +64 9 580 0381

 [info@drugfreesport.org.nz](mailto:info@drugfreesport.org.nz)

Check a medication

 [drugfreesport.org.nz/meds](https://drugfreesport.org.nz/meds)

Report doping

 [intel@drugfreesport.org.nz](mailto:intel@drugfreesport.org.nz)



 [drugfreesport.org.nz](https://drugfreesport.org.nz)

# common medications

➤ **asthma** Maximum thresholds exist for asthma inhalers. Overuse could return a positive drug test. Follow the directions on your inhaler prescription label and talk with your medical professional if you need to use your inhaler frequently.

## Permitted

Glucocorticoids by inhalation (Beclazone, Flixotide, Pulmicort)

⚠ Salbutamol by inhalation (e.g. Ventolin, Respigen) - maximum thresholds exist

⚠ Salmeterol by inhalation (e.g. Serevent) - maximum thresholds exist

⚠ Formoterol by inhalation (e.g. Oxis, Foradil, Symbicort) - maximum thresholds exist

⚠ Vilanterol by inhalation (e.g. Breo Ellipta)- maximum thresholds exist

## Prohibited At All Times - TUE required

Terbutaline (e.g. Bricanyl)

Bambuterol (e.g. Bambec)

## ➤ glucocorticoids

### Permitted

Glucocorticoids administered non-systemically

🌐 Glucocorticoid wash-out periods  
Injections administered out-of-competition, may show a persisting presence in your sample because of the wash out period.  
Details at [drugfreesport.org.nz/prohibited](http://drugfreesport.org.nz/prohibited)

### Prohibited In Competition - TUE required

Glucocorticoids administered systemically (e.g. oral Prednisone, all Glucocorticoid injections, intravenous fluids and rectal suppositories)

## ➤ cold / flu / sore throat

### Permitted

Phenylephrine (e.g. Lemsip and Maxiclear products)

Paracetamol (e.g. Panadol)

### Prohibited In Competition - TUE required

Pseudoephedrine: stop using it at least 24 hours before competition and only ever take the recommended dose

Morphine based cough syrup (e.g. Gees Linctus)

## ➤ antibiotics

### Permitted

All antibiotics available in New Zealand are permitted in sport

### Prohibited At All Times - TUE required

Probenecid is commonly prescribed with antibiotics

## ➤ headaches / pain / inflammation

### Permitted

Non Steroidal Anti-Inflammatories (NSAID)

Ibuprofen (e.g. Brufen, Nurofen, Panafen)

Diclofenac (e.g. Diclax, Voltaren, Cataflam)

Pain tablets (e.g. Aspirin, Codeine, Tramal, Tramadol\*, Paracetamol, Panadeine)

### Prohibited In Competition - TUE required

All medications that contain morphine (e.g. Sevredol, Oxynorm)

Fentanyl (e.g. Durogesic, Rapifen)

Pethidine

Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)

\* Some sports may have additional regulations i.e. cycling

## ➤ hayfever / sinusitis

### Permitted

Antihistamines (e.g. Lortab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec)

Nasal sprays (e.g. Flixonase, Alanase, Beconase, Drixine, Otrivin)

### Prohibited In Competition - TUE Required

Pseudoephedrine: stop taking it at least 24 hours before competition and only ever take the recommended dose

Oral/Injected Glucocorticoids (e.g. Prednisone, Kenacort, Dexamethasone)

## ➤ skin conditions

### Permitted

Topical Glucocorticoids (e.g. Beta cream/ointment, DP lotion/cream, DermAid, Egocort, Hydrocortisone cream, Locoid, Skincalm)

### Prohibited In Competition - TUE Required

Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)

## ➤ nausea / vomiting

### Permitted

e.g. Antinaus, Buccastem, Maxolon, Nausicalm, Sea-Legs, Stemetil, Serecid, Gaviscon, Quick-eze, Gastrolyte, Mylanta

## ➤ common methods

### ⚠ IV fluids

All prohibited substances administered by IV require a TUE. Permitted substances which require IV infusion may not exceed 100ml per 12 hours without a TUE, unless given while at hospital, during surgery, or travelling in an ambulance. Infusions given in any other setting require a TUE.

### ⚠ Needles

Always check if your medication can be administered by needle. In some cases, needles are permitted when administered into a joint but are prohibited when administered into a muscle.

## ➤ contraception

### Permitted

All oral contraceptives available in New Zealand are permitted in sport

## athlete to-do list

- Remember that you are 100% responsible for everything found in your system following a drug test
- Tell your medical professionals that you are an athlete and could be tested at any time
- **Before** using any medication or method, especially if you are overseas, check if it is permitted in sport at [globaldro.com](http://globaldro.com)
- Understand your TUE status

Contact us with any questions or concerns

✉ [info@drugfreesport.org.nz](mailto:info@drugfreesport.org.nz)