

## SPORTSCHECK®

Fast track information on the use of medications in sport



### 0800DRUGFREE

VALID FROM 1ST JANUARY TO 31ST DECEMBER 2011

**ATHLETES WHO USE ASTHMA MEDICATION ARE ADVISED TO REFER TO THE ASTHMA SECTION OF THE 2011 ATHLETE HANDBOOK OR CALL 0800 DRUGFREE FOR ASSISTANCE.**

### ASTHMA MEDICATIONS

#### BETA-2 AGONISTS

**SALBUTAMOL** (e.g. ventolin, respigen) and **SALMETEROL** (e.g. serevent, seretide) **ARE NOW PERMITTED** when prescribed by a medical professional and used in normal therapeutic doses.

**FORMOTEROL, BAMBUTEROL AND TERBUTALINE** remain **PROHIBITED AT ALL TIMES.** (e.g. Oxis, Foradil, Symbicort, Bambec, Bricanyl)

#### GLUCOCORTICOSTEROIDS (GCS)

**SYSTEMIC ADMINISTRATION OF GCS IS PROHIBITED IN COMPETITION.** This includes GCS injections into muscles or veins, pills (e.g. prednisone) and suppositories.

**NON-SYSTEMIC ADMINISTRATION OF GCS IS PERMITTED.** Intra-articular injections (into joints) and Inhaled GCS (e.g. Flixotide)

### IMPORTANT POINTS

#### GUIDELINES FOR PSEUDOEPHEDRINE

Many medications used to treat colds, flu or hayfever contain pseudoephedrine. If an athlete's in-competition sample is found to contain high levels of pseudoephedrine (more than 150 micrograms per millilitre) an adverse analytical finding (positive test) will occur.

#### IN ACCORDANCE WITH WADA GUIDELINES WE ADVISE THE FOLLOWING:

- Do not use medications that contain pseudoephedrine within 24 hours of competing.
- Always follow the manufacturers guidelines.
- Consider using an alternative medication - there are many alternatives which contain permitted substances such as phenylephrine.

A full list of products which contain pseudoephedrine can be found at: [www.sportsccheck.org.nz](http://www.sportsccheck.org.nz)

#### MARIJUANA

**CANNABIS IS PROHIBITED IN COMPETITION** – Evidence of use may be detectable for weeks after use and could result in a failed doping control test. SPICE and selected other party pill products are also prohibited in competition.

#### SUPPLEMENTS

**DRUG FREE SPORT NZ ADVISES ALL ATHLETES THAT WE CANNOT GUARANTEE THE STATUS OF SUPPLEMENTS.**

There are many products available in New Zealand that list banned ingredients on their labels. (e.g. Geranium Oil, Geranium Extracts, Methylhexanamine, DMAA, Octopamine, Advantra Z)

**CALL 0800 DRUGFREE before you consider using any supplement.**

Drug Free Sport NZ will provide feedback related to the manufacturer, the product and the list of ingredients on the product label. We will then provide advice on the status of the supplement.

OR CALL 0800 378 437

INDISPENSABLE  
**MIMS**

Please check the status of all medications before you prescribe or administer them to this athlete by referring to MIMS.

THE BEARER OF THIS CARD IS SUBJECT TO DRUG TESTING IN SPORT

## COMMON MEDICATIONS

This information is intended to be a quick guide to assist athletes in treating non-serious conditions. Always advise your medical professional that you are an athlete subject to sports drug testing and ask that they refer to the MIMS resources or ask them to call **0800 DRUGFREE** to clarify the status of substances.

### COLD / FLU / SORE THROAT MEDICATIONS

Permitted	Prohibited
<b>Phenylephrine</b> (e.g. Lemsip and Maxiclear products) <b>Paracetamol</b> (e.g. Panadol) <b>All Antibiotics</b>	<b>IN-COMPETITION</b> All medications that contain pseudoephedrine are prohibited. (Further information on reverse) <b>Morphine</b> (e.g. Gees Linctus)

### CONTRACEPTION

Permitted
All oral contraceptives available in NZ are permitted in sport.

### HAYFEVER / SINUSITIS MEDICATIONS

Permitted	Prohibited
<b>Antihistamines</b> (e.g. Loratab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec) <b>Nasal Sprays</b> (e.g. Flixonase, Alanase, Beconase, Drixine, Otrivin)	<b>IN-COMPETITION</b> All medications that contain pseudoephedrine are prohibited. (Further information on reverse) <b>Oral/Systemic GCS</b> (e.g. Prednisone)

### HEADACHES / PAIN / INFLAMMATION

Permitted	Prohibited
<b>Non Steroidal Anti-Inflammatories</b> (NSAID). <b>Ibuprofen</b> (e.g. Brufen, Nurofen, Panafen) <b>Diclofenac</b> (e.g. Diclax, Voltaren, Cataflam) <b>Pain Tablets</b> (e.g. Aspirin, Codeine, Tramal, Tramadol, Paracetamol, Panadeine)	<b>IN-COMPETITION</b> <b>All medications that contain morphine.</b> (e.g. Sevredol, Kapanol, m-Eslon) <b>Fentanyl</b> (e.g. Durogesic, Naropin, Rapifen) <b>Pethidine</b> <b>Oral/Systemic GCS</b> (e.g. Prednisone, Medrol)

### ANTIBIOTICS

Permitted	Prohibited
<b>All antibiotics</b> available in NZ are permitted in sport. <b>IMPORTANT:</b> Probenecid is a <b>prohibited</b> masking agent.	<b>AT ALL TIMES</b> <b>Probenecid</b> is a masking agent and is prohibited at all times. (Sometimes administered with antibiotics)

### SKIN CONDITIONS

Permitted	Prohibited
<b>Topical GCS</b> (e.g. Beta Cream/ointment, DP Lotion/Cream, Derm-Aid, Egocort, Hydrocortisone Cream, Locoid, Skincalm)	<b>IN-COMPETITION</b> <b>Oral/Systemic GCS</b> (e.g. Prednisone, Medrol)

### NAUSEA / VOMITING

Permitted
(e.g. Antinaus, Buccastem, Maxolon, Nausicalm, Sea-Legs, Stemetil, Serecid, Gaviscon, Quik-eze, Gastro-lyte, Mylanta)

## CHECKING MEDICATIONS

You are responsible for any substance found in your body regardless of how it got there. **ALWAYS CHECK MEDICATIONS BEFORE YOU TAKE THEM. YOU ARE STRICTLY LIABLE FOR ANY SUBSTANCE FOUND IN YOUR SAMPLE.**

### Text Service

Text the drug name or ingredient to **4365** (txts cost 20 cents).

### 0800 DRUGFREE

If you are ever unsure about any medication or supplement, call.

### MIMS Resources

Ask your doctor, dentist or surgeon to refer to these resources before they prescribe or administer any medication.

### What if a prohibited substance is the only alternative?

If you require treatment with a prohibited substance you MAY be granted a Therapeutic Use Exemption (TUE). Call **0800 DRUGFREE** or visit [www.sportscheck.org.nz](http://www.sportscheck.org.nz) for more information.

0800DRUGFREE

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