

2023

**clean athletes
clean sport.**



drugfree sport
new zealand

TUEs

**therapeutic use
exemptions**



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)

supplements



Supplements are a risk to clean athletes.

That includes products like protein powders, natural remedies and off-the-shelf vitamins.

Athletes can and do test positive as a result of contaminated supplements.

If you're considering using a supplement, make sure you understand the risks. Our Supplement Making Decision Guide can help.

Navigate supplements

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

education



Athletes, coaches, medical professionals, support staff and whānau all play a vital role in creating a culture of clean sport.

Discover your role in keeping sport clean, from athlete rights and responsibilities to clean sport values and navigating the risks of supplements.

Start your clean sport journey

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

speak out



As an athlete, it's your responsibility to speak out if you see or suspect doping.

Speak Out allows you to share doping concerns in confidence. You don't need the full story, even small pieces of info can help. If you have suspicions, get in touch - even if you think it's minor.

[📞 0800 DRUGFREE \(378 437\)](tel:0800-DRUGFREE-378-437)

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

Speak Out using our anonymous web form

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

contact us

[📞 +64 9 582 0388](tel:+64-9-582-0388)

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

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

athlete feedback

Have an idea to improve our work?

Email us your feedback at

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

prohibited medications



Some common medications and methods are banned in sport. This guide lists some of the most common ones in Aotearoa New Zealand.

As an athlete, it's your responsibility to check the status of every medication and method before you use it.

Check a medication

drugfreesport.org.nz/meds

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

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)

* Some sports (e.g. cycling) may have additional regulations. Note that Tramadol will be added to the Prohibited List in 2024.

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)

> 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.

> contraception

Permitted

All oral contraceptives available in New Zealand are permitted in sport