

clean sport guide

twentynineteen

 **drug free sport**
new zealand



2019

what you need to know

This quick wallet guide contains examples of the most common prohibited and permitted medications, available under prescription or sold in pharmacies in New Zealand – **however it is not a comprehensive list.**

It is the athlete's responsibility to check their medications and methods against the most up-to-date list.

The latest information can be found on the DFSNZ website www.drugfreesport.org.nz

therapeutic use exemptions (TUE)

At some point you are bound to get sick or injured and may need to take a particular medication as treatment or for an ongoing condition, such as diabetes. If you need to take a medication or use a prohibited method that is on the 2019 Prohibited List, you can apply for a TUE.

Some athletes need to apply for a TUE and gain approval BEFORE taking the medication and competing (unless it's a medical emergency).

For clarification on whether or not you need a TUE in advance, please visit the DFSNZ website.

Other athletes can apply for a retroactive exemption, which means you only need to apply for a TUE if you return a positive test, however certain criteria applies. For more information on TUEs email: **TUE@drugfreesport.org.nz**

Athlete

- When seeing a doctor, tell them you are an athlete subject to drug testing
- Always check that your medication is permitted in sport
- Apply for a TUE if you require a prohibited substance or use a prohibited method for treatment. The TUE must be approved before you take the substance or method (unless it's a medical emergency)
- If you fall ill while overseas, check the status of your medication via the DFSNZ website Medication check, the World Anti-Doping Agency (WADA) Prohibited List or the anti-doping organisation of the country you are in
- You are 100% responsible for everything found in your system following a drug test

contact us

phone: +64 9 582 0388

hotline: 0800 DRUGFREE

fax: +64 9 580 0381

email: info@drugfreesport.org.nz

medication text service: 4365 (texts cost 20cents)

(text the name of the active ingredients of your medication)

www.drugfreesport.org.nz

common medications

> asthma

If you use asthma inhalers and you are tested, be aware that maximum thresholds exist and overuse of some inhalers could return a positive drug test. Follow the directions on the prescription label of your inhaler and talk with your medical professional if you need to use your inhaler frequently.

Permitted

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

Glucocorticoids by inhalation (Beclazone, Flixotide, Pulmicort)

Prohibited At All Times - TUE required

Terbutaline (e.g. Bricanyl)

Bambuterol (e.g. Bambec)

Vilanterol (e.g. Breo Ellipta)

> glucocorticoids

Permitted

Glucocorticoids administered non-systemically (e.g. injections into the joint, inhaled and nasal sprays)

Prohibited In Competition - TUE required

Glucocorticoids administered systemically (e.g. oral Prednisone, intra-muscular Kenacort injections, intravenous fluids and rectal suppositories)

> cold / flu / sore throat

Permitted

Phenylephrine (e.g. Lemsip and Maxclear 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)

> hayfever / sinusitis

Permitted

Antihistamines (e.g. Loratab, 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, Quik-eze, Gastro-lyte, Mylanta

> contraception

Permitted

All oral contraceptives available in New Zealand are permitted in sport

> 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 it's given while at hospital, during surgery, or travelling in an ambulance. Any infusions given in a non-hospital setting such as an outpatients clinic, medical rooms or on-site ambulance will require a TUE regardless of whether or not it's permitted in sport.



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