

protect your career

anti-doping guide 2016

www.drugfreesport.org.nz



drugfree sport

new zealand

I am an athlete subject to doping control therefore I need to let all medical professionals know I could be drug tested at any time.

I also understand that:

- I am responsible for everything that goes into my body, whether I intend to cheat or not
- I could be tested at any time
- If I need a prohibited substance or method for medical reasons I need to check whether I am required to apply for a Therapeutic Use Exemption (TUE)
- That any supplement, including herbal remedies and vitamins, are taken at my own risk.

Check out www.drugfreesport.org.nz for full details on substances that are prohibited in sport, to download a copy of the 2016 Anti-doping handbook and for more information on New Zealand's sports anti-doping rules.

supplements

Supplements, including vitamins and herbal remedies, can contain substances which are prohibited in sport. You take these products at your own risk. Check with Drug Free Sport NZ on the status of supplements: call 0800 DRUGFREE (378 437) or visit www.drugfreesport.org.nz

recreational drugs

Cannabis and other recreational drugs are prohibited in sporting competition. Cannabis in its natural form and synthetic forms can remain in the body for a long time. Don't risk it!

check medications and supplements

Drug Free Sport NZ is here to help you compete clean. Always check a medication, supplement or herbal remedy before you take it. Here's how:

- click on the "Check Medications" or "Check Supplements" tabs at www.drugfreesport.org.nz
- text the name of the medication or active ingredient to 4365 (cost 20c)
- call 0800 DRUGFREE (378 437) or +64 9 582 0388
- remind all medical professionals that you are an athlete subject to doping control and ask that the status of use for each medication in sport is checked

If there's no alternative and you need to use a prohibited medication, you may need to apply for a Therapeutic Use Exemption (TUE). Call Drug Free Sport NZ for details on 0800 DRUGFREE (378 437).

common medications

The chart below is intended as a quick guide to help you determine the status of common medications. Always check before you take any medication or substance and let your medical professional know you're an athlete who could be tested at any time.

asthma medications

Permitted	Prohibited At All Times*
Salbutamol by inhalation (e.g. Ventolin, Respigen).	Terbutaline (e.g. Bricanyl): requires a Therapeutic Use Exemption (TUE).
Salmeterol by inhalation (e.g. Serevent).	Bambuterol (e.g. Bambec): requires a Therapeutic Use Exemption (TUE).
Formoterol by inhalation (e.g. Oxis, Foradil, Symbicort).	
Glucocorticoids by inhalation (Beclazone, Flixotide, Pulmicort).	

glucocorticoids

Permitted	Prohibited In Competition*
Glucocorticoids injected into the joint.	Glucocorticoids injected into the muscle or vein.
Glucocorticoids inhaled (e.g. Flixotide).	Glucocorticoid tablets (e.g. Prednisone).
Glucocorticoid applied topically in the form of eye drops (e.g. Maxidex), ear drops (e.g. Sofradex), nasal sprays (e.g. Flixonase) or ointments for dermatitis (e.g. hydrocortisone creams).	Glucocorticoid suppositories.

cold / flu / sore throat medications

Permitted	Prohibited In Competition*
Phenylephrine (e.g. Lemsip and Maxiclear products).	Pseudoephedrine: stop taking Pseudoephedrine at least 24 hours before competition and only ever take the recommended dose.
Paracetamol (e.g. Panadol).	Morphine based cough syrup (e.g. Gees Linctus).
All Antibiotics.	

headaches / pain / inflammation

Permitted	Prohibited In Competition*
Non Steroidal Anti-Inflammatories (NSAID).	All medications that contain morphine (e.g. Sevredol, Kapanol, m-Eslon).
Ibuprofen (e.g. Brufen, Nurofen, Panafen).	Fentanyl (e.g. Durogesic, Rapifen).
Diclofenac (e.g. Diclax, Voltaren, Cataflam).	Pethidine
Pain tablets (e.g. Aspirin, Codeine, Tramal, Tramadol, Paracetamol, Panadeine).	Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol).

antibiotics

Permitted	Prohibited At All Times*
All antibiotics available in NZ are permitted in sport.	Probenecid is a prohibited masking agent and is occasionally used with antibiotics. It requires a Therapeutic Use Exemption.

hayfever / sinusitis medications

Permitted	Prohibited In Competition*
Antihistamines (e.g. Loratab, Loraclar, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec).	Pseudoephedrine: only ever take the recommended dose and stop using the drug at least 24 hours before competition.
Nasal sprays (e.g. Flixonase, Alanase, Beconase, Drixine, Otrivin).	Oral/Injected Glucocorticoids (e.g. Prednisone, Kenacort, Dexamethasone).

skin conditions

Permitted	Prohibited In Competition*
Topical Glucocorticoids (e.g. Beta Cream/ointment, DP Lotion/ Cream, DermAid, Egocort, Hydrocortisone Cream, Locoid, Skincalm).	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.

*If there's no alternative and you need to use a medicine that contains a prohibited substance, you will need to apply for a Therapeutic Use Exemption (TUE).

contact Drug Free Sport NZ for more details:

0800 DRUGFREE (378 437)

text: 4365 (texts cost 20cents)

(Text the medication name).