



Examples of 2009 PROHIBITED SUBSTANCES and PROHIBITED METHODS OF DOPING

THIS CARD IS A SUMMARY AND IS SUBJECT TO CHANGE. CHECK THE WADA OR USADA WEB SITE FOR THE FULL PROHIBITED LIST.

CLASSES & SUBSTANCES PROHIBITED IN- AND OUT-OF-COMPETITION

- Ø **Anabolic Agents:** Androstenediol, androstenedione, bolasterone, boldenone, clenbuterol, danazol, desoxy DHEA, drostanolone, epitestosterone, methasterone, methyl-1-testosterone, methyltestosterone, nandrolone, norbolethone, oxandrolone, prostanazol, stanazolol, testosterone, tetrahydrogestrinone (THG), trenbolone, and similar substances. Selective Androgen Receptor Modulators (SARMs)
- Ø **Hormones and Related Substances (and all releasing factors):** Erythropoietin (e.g., EPO, Epogen, Procrit), Darbepoetin (Aranesp) Growth hormone (hGH) and Insulin-like Growth Factors (e.g., IGF-1) Gonadotrophins (e.g., hCG and LH – prohibited in males only) Insulin - NOTE: Allowed to treat insulin-dependent diabetes with approved TUE Corticotrophins (e.g., ACTH, tetracosactide)
- Ø **Beta-2 agonists:** Advair*, Advair HFA*, albuterol*, albuterol HFA*, Arformoterol*, bambuterol, bitolterol, Brethaire*, Brovana*, Combivent*, fenoterol, Foradil*, formoterol*, Maxair, metaproterenol, orciprenaline, pirbuterol, Proventil*, Proventil HFA*, reproterol, salbutamol*, salmeterol*, Serevent*, terbutaline*, Ventolin*, Ventolin HFA*, Xopenex*, Xopenex HFA* NOTE: *Allowed by inhaler or nebulizer only if a TUE is on file with USADA or International Federation, as appropriate. A salbutamol (albuterol) level greater than 1000 ng/mL is prohibited even with an Approved TUE
- Ø **Hormone Antagonists and Modulators:** Prohibited in males and females
Aromatase inhibitors: Aminoglutethimide, Arimidex, Aromasin, Casodex, Cytadren, Femara, formestane, Teslac, testolactone
Other Estrogen Receptor Modulators (SERMs) and Anti-estrogens: Clomiphene, cyclofenil, raloxifene, tamoxifen, toremifene
Agents Modifying Myostatin Functions: Myostatin Inhibitors
- Ø **Diuretics and Other Masking Agents:**
Diuretics: Acetazolamide, amiloride, bendroflumethiazide, bumetanide, canrenone, chlorthalidone, chlorothiazide, eplerenone, ethacrynic acid, furosemide, hydrochlorothiazide, indapamide, Inspra, metolazone, spironolactone, and related substances
Masking Agents: Bromantan, probenecid (Note that finasteride and dutasteride – Propecia and Proscar - are now permitted.)
Plasma Expanders: Hydroxyethyl starch, albumin, dextran

METHODS PROHIBITED IN- AND OUT-OF-COMPETITION

- Ø **Enhancement of Oxygen Transfer:**
 - a) *Blood Doping:* The administration of autologous, homologous or heterologous blood or red blood cells of any biological origin
 - b) *Oxygen Transport:* The administration of products that enhance the uptake, transport or delivery of oxygen (e.g., modified hemoglobin products including but not limited to bovine and cross-linked hemoglobins, microencapsulated hemoglobin products, perfluorochemicals, and RSR13)
- Ø **Chemical and Physical Manipulation:** Catheterization, adulterants, substitution, and tampering with or attempting to tamper with the specimen or the collection form. Intravenous infusions may only be used in surgical procedures, medical emergencies or clinical investigations. Other use requires TUE.
- Ø **Gene Doping:** The non-therapeutic use of genes, genetic elements and/or cells that have the capacity to enhance athletic performance

CLASSES OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY

- Ø **Stimulants (including D- and L-isomers where relevant):** Adderall, Adderall XR, Adipex-P, adrenalin, adrafinil, amphetamine, benzphetamine, bromantan, cocaine, Concerta, Daytrana, Dexedrine, ephedra, ephedrine, Focalin, Focalin XR, heptaminol, isometheptene, Ma Huang (herbal ephedrine), MDMA, methylamphetamine (and all isomers), Meridia, Metadate CD, methylphenidate, modafinil, norpseudoephedrine, Nuvigil, pemoline, phentermine, Ritalin, Ritalin LA, selegiline, Vyvanse, and related substances. Systemic epinephrine (EpiPen) is prohibited in-competition - Emergency use requires an Emergency TUE following treatment
- Ø **Narcotics:** Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and derivatives, hydromorphone, meperidine, methadone, morphine, oxycodone, oxymorphone, pentazocine - All other narcotics permitted
- Ø **Cannabinoids:** Hashish, marijuana (THC)
- Ø **Glucocorticosteroids:** Systemic use is prohibited when administered orally, rectally, or by intravenous or intramuscular injection. Topical preparations for skin, ophthalmic (eye), otic (ear), nasal, buccal cavity (inside mouth), and iontophoresis or phonophoresis are permitted. Local, epidural and intra-articular injections and inhalation of corticosteroids in-competition require a Declaration, listing on the Doping Control Official Record, and the availability of a complete medical file, including pulmonary function testing, to be submitted to USADA or the IF, as appropriate, in the case of an adverse analytical finding.

CLASSES OF PROHIBITED SUBSTANCES IN CERTAIN CIRCUMSTANCES

(Prohibited by certain IFs, see USADA Guide)

- Ø **Alcohol:** Ethanol
- Ø **Beta-Blockers:** Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, carvedilol, esmolol, labetalol, metoprolol, nadolol, nebivolol, oxprenolol, pindolol, propranolol, sotalol, timolol, and related substances

FOR ADDITIONAL QUESTIONS

Go to Drug Reference Online: www.usada.org/dro
Call USADA's Drug Reference Line: (800) 233-0393
or (719) 785-2020 (outside the U.S.)
E-mail: drugreference@usada.org

NOTE: Please review WADA, USADA, and your respective IF rules for procedures for filing TUE applications
Effective January 1, 2009



- 0 **ADD/ADHD:** Strattera
- 0 **Anesthetics:** All local and local injections with epinephrine permitted
- 0 **Antacids:** Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- 0 **Anti-Anxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- 0 **Antibiotics:** All are permitted
- 0 **Anti-Depressants:** Celexa, Cymbalta, Effexor, Paxil, Prozac, Wellbutrin, Zoloft
- 0 **Anti-Diabetics:** Actos, Amaryl, Avandia, Glucophage, glipizide, Glucotrol, glyburide, metformin
- 0 **Anti-Diarrheals:** Diphenoxylate w/atropine, Imodium, kaolin w/pectin, Kaopectate, Lomotil, Lonox, loperamide, Pepto Bismol
- 0 **Topical Antifungals:** Clotrimazole, Cruex, Desenex, Lamisil, Lotrimin, Micaltin, Monistat, Mycostatin, Tinactin
- 0 **Anti-Nausea/Anti-vertigo:** Antivert, Bonine, Bucladin S, Compazine, diphenhydramine, Dramamine, Emetrol, Motion Aid, Tigan
- 0 **Antiviral:** Acyclovir, didanosine, Famvir, Relenza, stavudine, Tamiflu, Valtrex
- 0 **Asthma:** Accolate, cromolyn sodium, Intal, ipratropium, nedocromil sodium, Singulair, Spiriva, theophylline, Tilade
- 0 **Cold/Allergy Medications:**
 - Antihistamines/Decongestants:* Allegra, Allegra-D, Benadryl, Benadryl-D, cetirizine, chlorpheniramine, clamasine, Clarinex, Claritin, Claritin-D, diphenhydramine, fexofenadine, loratadine, naphazoline, oxymetazoline, phenylephrine, pseudoephedrine, tetrahydrozoline, xylometazoline, Zyrtec, Zyrtec-D **CAUTION: Vicks Vapor Inhaler is prohibited**
 - Combination Cold Medications:* Actifed cold & sinus, Advil cold & sinus, Alka-Seltzer Plus (cold & cough, cold & sinus, cold & flu), Chlor-Trimeton (-D, allergy), Comtrex, Coricidin (-D, HBP, cold, flu & sinus, cough & cold), Drixoral (cold & allergy, allergy sinus), Mucinex (-D, DM), Robitussin (severe congestion, cold & cough, CF, PE, DM), Sudafed (-PE, sinus, cold & allergy, maximum strength sinus), TheraFlu (flu, cold & cough, severe cold and congestion, flu & cold), Triaminic (cold & cough, allergy congestion, cold, allergy & sinus), Tylenol (allergy sinus, flu, cold, sinus, multi-symptom), Vicks (44D, Dayquil, Nyquil)
 - Cough preparations:* Codeine, dextromethorphan, hydrocodone
 - Expectorant:* Guaifenesin
 - CAUTION: Combination cold medications may contain prohibited substances**
- 0 **Contraceptives:** Alesse, Apri, Aviane, Desogen, Estrostep, Kariva, Loestrin, Lo-Ovral, Mircette, Microgestin, Necon, NuvaRing, Ortho-Cyclen, Ortho Evra patch, Ortho-Tri-Cyclen, Ovcon, Seasonale, Sprintec, Tri-nessa, Triphasil, Trivora, Yasmin, Yaz, Zovia
- 0 **Ear Preparations:** Auralgan, Auro Ear Drops, Cerumenex, Ciprodex Otic, Cipro HC Otic, Cortisporin Otic, Debrox, Murine Ear Drops, Otic Domeboro
- 0 **Eye Preparations:** Aircex, Artificial Tears, Blephamide, Cortisporin Ophthalmic, Maxitrol, Murine Plus, Mycitracin, Naphcon-A, Neo-Synephrine, Ocu-Pred, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vasocon-A, Visine
- 0 **Hemorrhoidals:** Anusol, Preparation H. Corticosteroids in creams or ointments used externally are allowed (**Systemic use of a corticosteroid is prohibited in-competition and requires an approved TUE**)
- 0 **Laxatives/Stool Softeners:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax, sennosides, Senokot
- 0 **Topical Preparations:** Aspercreme, Ben-Gay, capsaicin, Flex-All 454, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical skin corticosteroids
- 0 **Muscle Relaxants:** Baclofen, Cyclobenzaprine, Flexeril, Norflex, Skelaxin, Soma, Zanaflex
- 0 **Pain/Anti-Inflammatory:** Acetaminophen, Advil, Aleve, aspirin, Bufferin, Celebrex, codeine, Dolobid, Ecotrin, hydrocodone, ibuprofen, Lyrica, meloxicam, Mobic, naproxen, Neurontin, piroxicam, propoxyphene, tramadol, Tylenol (plain, ex-strength), Ultram
- 0 **Non-steroidal anti-inflammatory agents (NSAIDs):** All are permitted (**except famprofazone**)
- 0 **Sedatives/Sleep Aids:** Ambien(-CR), Antivert, Ativan, Compoz, Dalmane, diphenhydramine, Halcion, Lunesta, Nytol, Restoril, Rozerem, Sominex, Sonata, trazodone, Unisom, Valium, Xanax
- 0 **Stomach/Ulcer Medications:** Aciphex, Axid, Carafate, Nexium, Pepcid, Prevacid, Prilosec, Protonix Tagamet, Zantac
- 0 **Vaginal Preparations:** AVC, Femstat, Gyne Lotrimin, Metrogel, Monistat, Mycelex, Mycostatin, Terazol, Vagistat

NOTE: Glucocorticosteroids: All topical administrations for skin, otic (ear), ophthalmic (eye), nasal (nose), buccal (inside mouth), and iontophoresis or phonophoresis are permitted and do not require any filing. **Inhalation and local, epidural and intra-articular injections require a Declaration on the DCOR at collection for in-competition use. Systemic use is prohibited in-competition and requires a complete approved TUE.**

Check the USADA Guide for a more extensive list of permitted substances.

TUE: Therapeutic Use Exemption

IF: International Federation

USADA DIETARY SUPPLEMENT WARNING

Many dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, energy drinks), which are sold over the counter or through the Internet, contain substances that are prohibited by the World Anti-Doping Code.

Since anti-doping rules make the presence of a prohibited substance in an athlete's urine a doping offense regardless of how the substance got there, any athlete who takes a dietary supplement does so at his or her own risk of an adverse analytical finding and a doping violation.

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IT IS THE ATHLETE'S RESPONSIBILITY TO CHECK THE STATUS
OF ALL MEDICATIONS AND TO KNOW THE RULES OF HIS/HER SPORT