

# Checking Your Medication

The guidance below will help an athlete or support personnel when checking the status of a substance or medication against the World Anti-Doping Agency's Prohibited List\*.

**INGREDIENTS:** Ask your doctor or a pharmacist to check that all the ingredients of your medication are permitted for use in sport. Checking only the brand name of the product can lead to error: in different countries, or even at different times in your own country, a product known under one same brand-name can contain different substances, one or several of which may be prohibited.

**CORRECT SPELLING:** Do not guess the spelling of the name of a product or its ingredients, as one substance might not be prohibited, while another, with a name that is similar, but not exactly the same, might.

**ROUTE OF ADMINISTRATION:** The status of a substance may vary depending on how it is used (e.g., orally, by injection etc).

**SUBSTANCES PROHIBITED IN PARTICULAR SPORTS:** Certain substances are prohibited only in particular sports. Ensure that you consult the Prohibited List to see if your sport prohibits substances that are specific to your sport.

**UP TO DATE INFORMATION:** Check the status of each ingredient of any medication that you buy, even if you have bought that medication before, as previously acceptable ingredients may have changed in status or new, prohibited ingredients may have been added.

**CHANGES TO THE PROHIBITED LIST:** Check any existing medication against the current Prohibited List and plan ahead to take any changes into account (an updated List comes into effect on January 1<sup>st</sup> each year but is first published three months earlier).

**PERMITTED ALTERNATIVES:** When checking your medication and you find it includes a prohibited substance, you are encouraged to try and find a suitable permitted alternative. Most common ailments can be treated with products that do not contain a prohibited substance!

**THERAPEUTIC USE EXEMPTIONS:** If a permitted alternative is not available, you may need to apply for a Therapeutic Use Exemption (TUE) by submitting a TUE application to your NADO or the FIVB.

**IF ALL ELSE FAILS:** Remember, if you can't find information about a substance or medication, DO NOT assume it is safe to use.

\* **The Prohibited List** outlines which substances and methods are prohibited in sport. A new version of the Prohibited List comes into effect every year on January 1<sup>st</sup>, however, it may be changed from time to time so it is important that you check for changes on a regular basis. The new List is always published three months before it becomes effective.