



Examples of 2007 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 PROHIBITED IN- AND OUT-OF-COMPETITION

- **Anabolic Agents:** Androstenediol, androstenedione, bolasterone, boldenone, clenbuterol, danazol, desoxy methyltestosterone, drostanolone, DHEA, methasterone, methyl-1-testosterone, methyltestosterone, prostanazol, nandrolone, norbolethone, oxandrolone, stanozolol, testosterone, tetrahydrogestrinone (THG), trenbolone, and similar substances
- **Hormones and Related Substances (and all releasing factors):** Erythropoietin (EPO, Epogen, Procrit), Darbepoetin (Aranesp) Growth hormone (hGH) and Insulin-like Growth Factors (i.e., IGF-1) Gonadotrophins (hCG and LH – prohibited in males only) Insulin NOTE: Allowed to treat insulin-dependent diabetes with Standard TUE Corticotrophins (ACTH, tetracosactide)
- **Beta-2 agonists:** Advair*, Advair HFA*, albuterol*, albuterol HFA*, bambuterol, bitolterol, Brethaire*, 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 an Abbreviated 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 Abbreviated TUE.
- **Agents with Anti-Estrogenic Activity:** NOTE: Prohibited in males and females
Aromatase inhibitors: Aminoglutethimide, Arimidex, Aromasin, Casodex, Cytadren, Femara, formestane, Teslac, tolestolactone
Other Estrogen Receptor Modulators and Anti-estrogens: Clomiphene, cyclofenil, raloxifene, tamoxifen, toremifene
- **Diuretics and Other Masking Agents (and related substances):**
Diuretics: Acetazolamide, amiloride, bendroflumethiazide, bumetanide, canrenone, chlorthalidone, chlorothiazide, ethacrynic acid, furosemide, hydrochlorothiazide, indapamide, metolazone, spironolactone, and related substances
Masking Agents: Avodart, bromantan, dutasteride, epitestosterone, finasteride, probenecid, Propecia, Proscar
Plasma Expanders: Hydroxyethyl starch, albumin, dextran

METHODS PROHIBITED IN- AND OUT-OF-COMPETITION

- **Enhancement of Oxygen Transfer:**
a) *Blood Doping:* The administration of autologous, homologous or heterologous blood or red blood cells of any origin
b) *Oxygen Transport:* The administration of products that enhance the uptake, transport or delivery of oxygen (i.e., modified hemoglobin products including but not limited to bovine and cross-linked hemoglobins, microencapsulated hemoglobin products, perfluorochemicals, RSR13)
- **Chemical and Physical Manipulation:** Catheterization, adulterants (e.g., glutaraldehyde), substitution, and tampering with or attempting to tamper with the specimen or the collection form
Intravenous infusions (except as a legitimate medical treatment)
- **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

- **Stimulants (including D- and L-isomers where relevant):** Adderall, adrenalin, adrafinil, amphetamine, benzphetamine, bromantan, cocaine, Concerta, Daytrana, Dexedrine, ephedra, ephedrine, heptaminol, isomethoptene, Ma Huang (herbal ephedrine), MDMA, methylamphetamine (and all isomers), methyphenidate, modafinil, norpseudoephedrine, pemoline, Ritalin, selegiline, and related substances. Systemic epinephrine (EpiPen) is prohibited in-competition - Emergency use requires an Emergency TUE following treatment
- **Narcotics:** Buprenorphine, dextromoramide, diamorphine (heroin), Fentanyl and derivatives, hydromorphone, meperidine, methadone, morphine, oxycodone, oxymorphone, pentazocine - All other narcotics permitted
- **Cannabinoids:** Hashish, marijuana (THC), Marinol
- **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 (mouth), and iontophoresis or phonophoresis are permitted. Local injections, epidural injections and inhalation of corticosteroids in-competition require an Abbreviated TUE be submitted to the IF or USADA, as appropriate.

CLASSES OF PROHIBITED SUBSTANCES IN CERTAIN CIRCUMSTANCES
(prohibited by certain IFs, see WADA List/USADA Guide)

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

FOR ADDITIONAL QUESTIONS

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

NOTE: Please review both the WADA and your respective IF rules for the procedures for filing TUE applications

Effective January 1, 2007



Examples of PERMITTED Medications
Effective January 1, 2007

- **ADD/ADHD:** Strattera
- **Anesthetics:** All locals and locals with epinephrine permitted
- **Antacids:** Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- **Anti-Anxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- **Antibiotics:** All are permitted
- **Anti-Depressants:** Celexa, Cymbalta, Effexor, Lexapro, Paxil, Prozac, Wellbutrin, Zoloft
- **Anti-Diabetics:** Actos, Amaryl, glipizide, Glucotrol, glyburide, metformin
- **Anti-Diarrheals:** Diphenoxylate w/ atropine, Imodium, kaolin w/pectin, Kaopectate, Lomotil, Lonox, loperamide, Pepto Bismol
- **Topical Antifungals:** Cruex, Desenex, Lamisil, Lotrimin, Micatin, Monistat, Mycostatin, Tinactin
- **Anti-Nausea/Anti-Vertigo:** Antivert, Bonine, Bucladin S, Compazine, diphenhydramine, Dramamine, Emetrol, Motion Aid, Tigan
- **Antiviral:** Acyclovir, didanosine, Famvir, Relenza, stavudine, Tamiflu, Valtrex
- **Asthma:** Accolate, cromolyn sodium, Intal, ipratropium, nedocromil sodium, Singulair, Spiriva, theophylline, Tilade
- **Cold/Allergy Medications:**
Antihistamines/Decongestants: Allegra, Allegra-D, Benadryl, Benadryl-D, cetrizine, chlorpheniramine, clamsastine, 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), 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
- **Contraceptives:** Alesse, Apri, Aviane, Desogen, Estrostep, Kariva, Loestrin, Lo-Ovral, Mircette, Microgestin, Necon, NuvaRing, Ortho-Cyclen, Ortho Evra patch, Ortho-Tri-Cyclen, Ovcon, Plan B, Seasonale, Sprintec, Tri-nessa, Triphasil, Trivora, Yasmin, Yaz, Zovia
- **Ear Preparations:** Auralgan, Auro Ear Drops, Cerumenex, Ciprodex Otic, Cipro HC Otic, Cortisporin Otic, Debrox, Murine Ear Drops, Otic Domeboro
- **Eye Preparations:** Alrex, Artificial Tears, Blephamide, Cortisporin Ophthalmic, Maxitrol, Murine Plus, Mycitracin, Naphcon-A, Neo-Synephrine, Ocu-Pred, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vascon-A, Visine
- **Hemorrhoidals:** Anusol, Preparation H - NOTE: External creams or ointments containing corticosteroids are allowed (Systemic use of a corticosteroid is prohibited in-competition and requires a Standard TUE)
- **Laxatives:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax
- **Liniments/Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All 454, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical skin corticosteroids
- **Muscle Relaxants:** Baclofen, Cyclobenzaprine, Flexeril, Norflex, Skelaxin, Soma, Zanaflex
- **Pain/Anti-Inflammatory:** Acetaminophen, Aleve, aspirin, Bufferin, Celebrex, codeine, Dolobid, Ecotrin, hydrocodone, ibuprofen, Lyrica, naproxen, Neurontin, piroxicam, propoxyphene, tramadol, Tylenol (plain, ex-strength), Ultram
Non-steroidal anti-inflammatory agents (NSAIDs): All are permitted (except famprofazone)
- **Sedatives/Sleep Aids:** Ambien, Antivert, Ativan, Compoz, Dalmane, diphenhydramine, Halcion, Lunesta, Nytol, Restoril, Rozerem, Somninx, Sonata, Unisom, Valium, Xanax
- **Ulcer Medications:** Aciphex, Acid, Carafate, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Zantac
- **Vaginal Preparations:** AVC, Femstat, Gyne Lotrimin, Metrogel, Monistat, Mycelex, Mycostatin, Terazol, Vagistat

NOTE: Glucocorticosteroids: All topical administrations for skin, otic (ear), ophthalmic (eye), nasal, buccal (mouth), and iontophoresis or phonophoresis are permitted and do not require an Abbreviated TUE. **Inhalation, local injections and epidural injections require an Abbreviated TUE for in-competition use. Systemic use is prohibited in-competition and requires a Standard 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 a positive test 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