



THIS CARD IS A SUMMARY AND IS SUBJECT TO CHANGE.  
CHECK THE WADA OR USADA WEBSITES FOR ADDITIONAL INQUIRIES.

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

- Ø **Anabolic Agents:** Androstenedione, bolasterone, boldenone, clenbuterol, danazol, DHEA, drostanolone, epitesosterone, methasterone, methyl-1-testosterone, methyltestosterone, nandrolone, norbolethone, oxandrolone, prostanazol, stanozolol, testosterone, tetrahydrogestrinone (THG), trenbolone, and similar substances. Selective Androgen Receptor Modulators (SARMS)
- Ø **Peptide Hormones, Growth Factors and Related Substances (and all releasing factors):**  
Erythropoiesis-stimulating agents: Erythropoietin (EPO, Epogen, Procrit), darbepoetin (dEPO, Aranesp), Continuous Erythropoietin Receptor Activator (CERA, Micera), hematide  
Growth hormone (hGH, GH, Humatrope, Nutropin, Serostim)  
Growth factors (insulin-like/IGF, mechano, platelet-derived, fibroblast, vascular-endothelial, hepatocyte, and any others affecting muscle, tendon or ligament or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fiber type switching) Platelet-rich plasma administered via intramuscular route is prohibited (Note: All other routes of administration of platelet rich plasma require a Declaration of Use on USADA's website and on the Doping Control Official Record at the time of testing according to International Standard for Therapeutic Use Exemptions)  
Corticotrophins (ACTH, tetracosactide)  
Chorionic gonadotrophin (CG, hCG), Luteinizing hormone (LH) – prohibited in males only  
Insulins: Allowed to treat insulin-dependent diabetes with approved TUE
- Ø **Beta-2 agonists:** Arformoterol, bambuterol, bitolterol, Brethaire, Brovana, fenoterol, Foradil, formoterol, Maxair, metaproterenol, orciprenaline, pirbuterol, reproterol, Symbicort, terbutaline,
- Ø **Hormone Antagonists and Modulators:** Prohibited in males and females  
*Aromatase inhibitors:* Aminoglutethimide, androstenedione (6-oxo), androstatrienedione, Arimidex, Aromasin, Casodex, Cytadren, Femara, formestane, Teslac, testolactone  
*Selective Estrogen Receptor Modulators (SERMS) and Anti-estrogens:* Clomiphene, cyclofenil, fulvestrant, raloxifene, tamoxifen, toremifene  
*Agents Modifying Myostatin Functions:* Myostatin Inhibitors
- Ø **Diuretics and Other Masking Agents:**  
*Diuretics:* Acetazolamide, amiloride, bumetanide, chlorthalidone, chlorothiazide, furosemide, hydrochlorothiazide, indapamide, Inspra, metolazone, spironolactone, & related substances. Note: Pababrom and drospironone are not prohibited  
*Masking Agents:* Bromantan, probenecid  
*Plasma Expanders:* Albumin, dextran, glycerol, hydroxyethyl starch, mannitol

#### 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 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 efaproxiral (RSR13)  
Note: Supplemental oxygen is not prohibited
- Ø **Chemical and Physical Manipulation:** Catheterization, adulterants, substitution, and tampering with or attempting to tamper with the specimen or the collection form. Intravenous **infusions** are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations. Other use requires a TUE.
- Ø **Gene Doping:** The transfer of cells or genetic elements and/or the use of pharmacological or biological agents that alter gene expression that have the potential to enhance athletic performance.

#### CLASSES OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY

- Ø **Stimulants:** Adderall (XR), adrenaline, adrafinil, amphetamine, benzphetamine, bromantan, cocaine, Concerta, Dexedrine, ephedra, ephedrine, Focalin (XR), heptaminol, isometheptene, Ma Huang (herbal ephedrine), methylamphetamine, Meridia, Metadate-CD, methylhexanamine, methylphenidate, modafinil, norpseudoephedrine, Nuvigil, pemoline, phentermine, **PSEUDOEPHEDRINE**, 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 & derivatives, hydromorphone, meperidine (pethidine), methadone, morphine, oxycodone, oxymorphone, pentazocine - All other narcotics are not prohibited.
- Ø **Cannabinoids:** Hashish, HU-210, marijuana, THC, Marinol
- Ø **Glucocorticosteroids:** Systemic use is prohibited when administered orally, rectally, or by intravenous or intramuscular injection. Local, epidural and intra-articular injections and inhalation of corticosteroids in-competition require a Declaration of Use on USADA's website and on the Doping Control Official Record at the time of testing in accordance with the International Standard for Therapeutic Use Exemptions. Topical use is not prohibited.

#### CLASSES OF PROHIBITED SUBSTANCES IN PARTICULAR SPORTS

(Prohibited by certain International Federations)

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

#### FOR ADDITIONAL QUESTIONS

Search Global DRO: [www.globaldro.com](http://www.globaldro.com)

Call USADA's Drug Reference Line: (800) 233-0393 or (719) 785-2020 (outside the U.S.) or E-mail: [drugreference@usada.org](mailto:drugreference@usada.org)



- 0 **Anesthetics:** All local injections with epinephrine are not prohibited
- 0 **Antacids:** Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- 0 **Anti-Anxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- 0 **Antibiotics:** Are not prohibited.
- 0 **Anti-Depressant:** Celexa, Cymbalta, Effexor, Paxil, Prozac, Wellbutrin, Zoloft
- 0 **Anti-Diabetic:** Actos, Amaryl, Avandia, Glucophage, glipizide, Glucotrol, glyburide, metformin
- 0 **Anti-Diarrheal:** Diphenoxylate w/atropine, Imodium, kaolin w/pectin, Kaopectate, Lomolil, Lonox, loperamide, Pepto Bismol
- 0 **Antifungal:** Clotrimazole, Cruex, Desenex, Lamisil, Lotrimin, Micatin, Monistat, Mycostatin, Tinactin
- 0 **Anti-Nausea/Anti-vertigo:** Antivert, Bonine, Bucladin S, Compazine, diphenhydramine, Dramamine, Emetrol, Motion Aid, scopolamine, Tigan
- 0 **Antiviral:** Acyclovir, didanosine, Famvir, Relenza, stavudine, Tamiflu, Valtrex
- 0 **Asthma:** Accolate, cromolyn sodium, Intal, ipratropium, nedocromil sodium, Singulair, Spiriva, theophylline, Tilade are not prohibited. **Advair<sup>®</sup>, Albuterol<sup>®</sup>, Combivent<sup>®</sup>, ProAir<sup>®</sup>, Proventil<sup>®</sup>, salbutamol<sup>®</sup>, salmeterol<sup>®</sup>, Serevent<sup>®</sup>, Ventolin<sup>®</sup>, Xopenex<sup>®</sup>** by inhalation are not prohibited but require a Declaration of Use on **USADA's website and on the Doping Control Official Record at the time of testing.**
- 0 **Cold/Allergy:**  
*Antihistamines/Decongestants:* Allegra, Benadryl, cetirizine, chlorpheniramine, clemastine, Clarinex, Claritin, diphenhydramine, fexofenadine, loratadine, naphazoline, oxymetazoline, phenylephrine, tetrahydrozoline, Zyrtec  
**NOTE: PSEUDOEPHEDRINE (PSE) has been placed on the Prohibited List for 2010 as a stimulant prohibited in-competition at urinary concentrations greater than 150ug/ml. Products containing PSE are now generally located behind pharmacy counters and require photo ID to purchase. Alternatively, the decongestant – PHENYLEPHRINE - is NOT prohibited and may be used in- or out-of-competition.**  
*Combination Cold Preparations:* Actifed, Alka-Seltzer Plus Cold & Sinus, Benadryl-D, Comtrex Cold & Sinus, Coricidin-D, Mucinex, Mucinex-DM, Robitussin (plain, PE, CF, DM), Scot-Tussin Cold & Allergy, Sinutab Sinus, Sudafed-PE, Sudafed-PE Multi-Symptom (**Sudafed products containing pseudoephedrine are PROHIBITED in-competition**), Theraflu Severe Cold, Theraflu Chest Congestion, Tylenol Chest Congestion, Tylenol Cold Multi-Symptom, Vicks DayQuil Cold & Flu, Vicks Formula 44D Cough & Head Congestion, Vicks Formula 44E Cough & Chest Congestion, Vicks Nyquil Multi-Symptom (**Caution – There are many similar named products on the market that contain pseudoephedrine or ephedrine and are prohibited in-competition**)  
*Cough preparations:* Codeine, dextromethorphan, Guaifenesin, hydrocodone
- 0 **Contraceptive:** Alesse, Apri, Aviane, Desogen, Estrostep, Kariva, Loestrin, Lo-Ovral, Mircette, Microgestin, Necon, Next Choice, NuvaRing, Ortho-Cyclen, Ortho Evra patch, Ortho-Tri-Cyclen, Ovcon, Plan-B, Seasonale, Sprintec, Tri-nessa, Triphasil, Trivora, Yasmin, Yaz, Zovia
- 0 **Ear Preparations:** Auralgan, Auro, Cerumenex, Debrox, Murine, Otic Domeboro, and all otic antibiotics
- 0 **Eye Preparations:** Alexx, Artificial Tears, Murine Plus, Naphcon-A, Neo-Synephrine, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vascon-A, Visine, and all ophthalmic antibiotics
- 0 **Hemorrhoidal:** Anusol, Preparation H, **Glucocorticosteroids\* in creams or ointments used topically are allowed (Systemic use of a corticosteroid, such as a suppository, is prohibited in-competition and requires an approved TUE)**
- 0 **Laxative/Stool Softener:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax, sennosides, Senokot
- 0 **Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All 454, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical corticosteroids\*
- 0 **Muscle Relaxant:** Baclofen, Cyclobenzaprine, Norflex, Skelaxin, Soma, Zanaflex
- 0 **Pain/Anti-Inflammatory:** Acetaminophen, Advil, Aleve, aspirin, Bufferin, Celebrex, codeine, hydrocodone, ibuprofen, meloxicam, Mobic, naproxen, Neurontin, piroxicam, propoxyphene, tramadol, Tylenol, Ultram  
*Non-steroidal anti-inflammatory agents (NSAIDS):* Are not prohibited
- 0 **Sedative/Sleep Aids:** Ambien(& CR), alprazolam, Antivert, Ativan, Compoz, Dalmane, diazepam, diphenhydramine, Lunesta, Nytol, Restoril, Rozerem, Sominex, Sonata, trazodone, Unisom, Valium, Xanax
- 0 **Stomach/Ulcer:** Aciphex, Axid, Carafate, Kapidex, Mylanta, Maalox, Nexium, Pepcid, Prevacid, Prilosec, Protonix Tagamet, Tums, 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 not prohibited.

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, may contain substances that are prohibited by the Prohibited List. 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

NOTE: Please review WADA, USADA, and your respective IF rules for procedures  
for filing TUE applications  
Effective January 1, 2010