



Pseudoephedrine

January 2010: Pseudoephedrine on the 2010 Prohibited List

The World Anti-Doping Agency (WADA) reintroduced pseudoephedrine to the Prohibited List in 2010. Pseudoephedrine is found in many over-the-counter medicines used as cough and cold remedies, hayfever and decongestant treatments.

It is Prohibited In-Competition at urinary concentrations >150 mg/ml Pseudoephedrine, Advice to Athletes:

- Stop taking any pseudoephedrine containing products at least 24 hrs before competition
- Talk to your doctor or pharmacist about the use of alternative permitted medications for therapeutic use during in-competition periods, or apply for a TUE for the use of pseudoephedrine
- Athletes can easily check out what over-the-counter medications, bought in the Republic of Ireland, are prohibited or permitted in sport by checking the 'Drugs in Sport Database' on www.eirpharm.com.
- Medications bought in Northern Ireland should be checked on www.globaldro.com if you check www.eirpharm.com you will see that a high proportion of cold and flu treatments contain pseudoephedrine e.g. Benylin four Flu, Day Nurse, Nurofen Cold and Flu.
- Pseudoephedrine is also found in some cough treatments e.g. Robitussin Plus, Benylin Dual Action Chesty.
- The cough and decongestant medication Casacol is also prohibited in competition. Athletes who are required to take a prohibited medication for a legitimate medical reason may apply for a Therapeutic Use Exemption (TUE).
- Check out www.irishsportsCouncil.ie/Anti-Doping/TUEs_and_Medicines for information on TUE Applications.
- Remember athletes selected for doping control must remember to declare the use of all prescribed and over-the-counter medications and supplements taken in the last 14 days on the doping control form.