Diuretics

What are they?
Diuretics are drugs that increase the rate of urine flow and sodium excretion to adjust the volume and composition of body fluids. There are several major categories of this drug class and the compounds vary greatly in structure, physicochemical properties, effects on urinary composition and renal hemodynamic, and site and mechanism of action. Diuretics are often abused by athletes to excrete water for rapid weight loss and to mask the presence of other banned substances. There are several major categories of this drug class and the compounds vary greatly in structure, physicochemical properties, effects on urinary composition and renal haemodynamics, and site and mechanism of action.

Diuretics include substances such as:
Frusemide, bumetanide, chlorthalidone, triamterene, hydrochlorothiazide

Side effects from the use of Diuretics include:
- Dizziness/fainting
- Dehydration
- Muscle cramps
- Drop in blood pressure
- Loss of Coordination and balance
- Confusion/moodiness
- Cardiac disorders

Masking Agents
What are they?
Masking agents are products that can potentially conceal the presence of a prohibited substance in urine or other samples. An example would be the attempt to change the pH of the urine to enhance excretion of a doping substance.

Who would use them and why?
- They may be taken to affect acute reduction of weight to meet weight-class limits. Thus, offering advantages to athletes in sports such as boxing, judo or weightlifting where competition is in weight categories.
- To overcome fluid retention this would be useful to body builders.
- To modify the excretion rate of urine and to alter urinary concentrations of prohibited drugs.

Side effects of the use of masking agents include:
- Headache
- Intestinal problems
- Muscle cramps
- Dizziness and hot flushes
- Kidney stones
- Allergic reactions
- Anaphylactic shock