



The **NEW TXT SERVICE** that allows you to check the status on a medication instantly.

TXT
"drug info"
to **556** for
instructions

NOTE ▶ TXTS COST 20C PER MSG

THERAPEUTIC USE EXEMPTIONS (TUE)

There are 2 types;
ABBREVIATED for most inhaled asthma treatments.
STANDARD for use of all other prohibited substances including; insulin, prednisone and ritalin.

▶ IMPORTANT POINTS

- Skin creams/lotions, nasal sprays and other forms of "topical" use of corticosteroids are now permitted without restriction. Asthma inhalers still require an abbreviated TUE.
- Party Pills containing BZP and amphetamines are banned.
- **MARIJUANA** is a prohibited substance in competition and evidence of use may be apparent for weeks.
- **PSEUDOEPHEDRINE** and **CAFFEINE** are permitted (as in 2005).

▶ RECOMMENDED PRECAUTIONS

- Do not take any medications given to you by others (athletes, coach, etc.) without checking them first.
- **ASTHMATICS** – refer to the Asthma Section of the 2008 Athlete Handbook.
- Vitamin, herbal and nutritional supplements may contain banned substances not listed on the label. **USE OF THESE PRODUCTS IS AT THE ATHLETE'S OWN RISK.**



DRUG FREE SPORT NZ

2008

WALLETGUIDE

A QUICK REFERENCE GUIDE FOR ATHLETES



VALID FROM 1ST JANUARY TO 31ST DECEMBER 2008

0800DRUGFREE

ASTHMA

- PERMITTED Intal, Vicrom.
- PROHIBITED without an Abbreviated TUE – Most Inhalers - Check with your Doctor or Drug Free Sport NZ.
- PROHIBITED All oral/systemic beta 2 agonists eg Bambec, Oral Ventolin. Systemic Corticosteroids e.g. Prednisone.

COUGH, COLD, FLU

Pseudoephedrine is permitted.

- PERMITTED All antibiotics. Codral, Coldrex, Sudafed, etc. – all products previously prohibited due to Pseudoephedrine.

DIARRHOEA

- PERMITTED Diastop, Imodium, Lomotil, Motilium.

HAY FEVER

- PERMITTED Antihistamines e.g. Claratyne, Drixine, Otrivine, Phenergan, Polaramine, Telfast, Zyrtec. Corticosteroid sprays e.g. Alanase, Atomase, Beconase, Flixonase.

VOMITING

- PERMITTED Gastrolyte, Maxolon, Stemetil, Sea legs.

PAIN / INFLAMMATION

- PERMITTED All non-steroidal anti-inflammatories. Aspro, Cataflam, Digesic, Disprin, Nurofen, Paracetamol, Panadeine, Ponstan, Tilcotil, Voltaren.
- PROHIBITED Oral Corticosteroids and Systemic Injections., e.g., Medrol, Prednisone, Dexamethasone.

CONTRACEPTION

- PERMITTED No oral contraceptives currently available are banned.

SKIN CONDITIONS

- PERMITTED Corticosteroid preparations e.g. Beta Cream/ointment (formerly Betnovate), DP Lotion/Cream, Derm-Aid, Egocort, Hydrocortisone Cream, Locoid, Skincalm.

CORTICOSTEROID INJECTIONS

- PROHIBITED without an Abbreviated TUE – Intra-articular injections.
- PROHIBITED without a Standard TUE – Intramuscular injections and systemic administration (Intravenous).



drug info when u need it

TXT “drug info” TO 556

FOR INSTRUCTIONS

DRUGSPACE WORKS IN 2 MODES

1. TEXT THE MEDICATION OR SUPPLEMENT INGREDIENT TO 556 AND CHECK THE STATUS OF THE SUBSTANCE IN SPORT.
For example, if you wish to check the status of panadol, text 'drug panadol' to 556.
2. TEXT THE SYMPTOM OR ILLNESS TO 556 TO FIND OUT WHAT MEDICATIONS ARE PERMITTED.
For example, if you are in pain, text 'drug pain' to 556

REMEMBER

- ▶ Always advise your doctor/chemist that you are an athlete subject to sports drug testing before you are prescribed medication.
- ▶ Ask that your doctor/pharmacist refers to the MIMS New Ethicals Catalogue to clarify status of substances.