

## **Summary of the major changes in the World Anti-Doping Agency (WADA) 2010 Prohibited List**

We have highlighted what UK Sport considers to be the changes most likely to affect you as an athlete.

### **Pseudoephedrine is Prohibited**

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Pseudoephedrine has been placed back on the 2010 Prohibited List. Pseudoephedrine is readily available in many over the counter cold and flu remedies and as an athlete you should take particular care when using such products. As with all medications, always check the status on [www.globaldro.com](http://www.globaldro.com) before using the product.

### **The Process has changed for Asthma Inhalers**

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Two Beta-2 Agonists taken via inhalation, Salbutamol and Salmeterol, no longer require a Therapeutic Use Exemption (TUE) as is currently the case. Instead you are required to complete a Declaration of Use using the online declaration form provided on the 100% ME website ([www.100percentme.co.uk](http://www.100percentme.co.uk)).

All other Beta-2 Agonists will still require full lung function tests and a TUE application.

### **Changes around medical treatment with Platelet Derived Preparations**

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Platelet derived preparations are sometimes used by doctors for the treatment of injury; they can also be referred to as Platelet Rich Plasma (PRP) or spun blood. These treatments can be given in a number of ways.

When given via intramuscular injection PRP is prohibited and you should apply for a TUE before having this treatment.

Receiving PRP preparations via any other route will require a Declaration of Use using the online declaration form provided on the 100% ME website ([www.100percentme.co.uk](http://www.100percentme.co.uk)).

Always ask your doctor to be clear about which route of administration they plan to use, and ensure the relevant notification (Declaration or TUE) has been completed in advance of treatment.



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## Further Information

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A full copy of the 2010 Prohibited List can be found on our website at [www.100percentme.co.uk](http://www.100percentme.co.uk). In addition WADA have published a 2010 Prohibited List Q&A, a summary of changes and specific information about Pseudoephedrine, all of which can be found on their website at [www.wada-ama.org](http://www.wada-ama.org).

Should you have any questions please see the enclosed letter or contact our Science and Information Coordinator, Michael Stow at [Michael.Stow@uksport.gov.uk](mailto:Michael.Stow@uksport.gov.uk).



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