

FEBRUARY 2008

## CHECKING MEDICATIONS

**PURE**  
PERFORMANCE

HOTLINE 1800 020 506 T 13 000 ASADA (13 000 27232) W [www.asada.gov.au](http://www.asada.gov.au)

### BEFORE USING ANY SUBSTANCE ATHLETES' MUST

- > Check if the substance is prohibited by:
  - > phoning the ASADA Anti-Doping Hotline, 1800 020 506, from 8am to 8pm AEST, seven days a week; or by
  - > accessing [www.asada.gov.au](http://www.asada.gov.au)

### IF THE SUBSTANCE IS PERMITTED

- > The athlete is free to take the substance.

### IF THE SUBSTANCE IS PROHIBITED

- > Check if there is a permitted alternative that can be prescribed.

### IF THERE IS NO PERMITTED ALTERNATIVE

- > Check if the substance is prohibited both in and out-of-competition.

### IF THE SUBSTANCE IS PROHIBITED BOTH IN AND OUT-OF-COMPETITION

- > A Therapeutic Use Exemption (TUE) is required (see *Therapeutic Use Exemption Fact Sheet*) or visit [www.asada.gov.au](http://www.asada.gov.au)

### IF THE SUBSTANCE IS PROHIBITED IN-COMPETITION ONLY

- > If a substance is prohibited in-competition only, the athlete is not competing, and there is no possibility the prohibited substance will be in the athlete's body during in-competition periods, no Therapeutic Use Exemption (TUE) approval is required. Athletes must check with their doctor to ensure substances that are prohibited in-competition only, will not remain in their system during competition periods.
- > If the athlete is competing, a Therapeutic Use Exemption (TUE) is required (see *Therapeutic Use Exemption Fact Sheet*).
- > **Caution:** Athletes must ensure they do not produce a positive result in-competition, to a substance that is permitted out-of-competition only.

### I HAVE CHECKED STATUS OF MY MEDICATION AND IT IS PERMITTED IN SPORT. IS THERE EVER A TIME WHEN I NEED TO RECHECK THE STATUS OF MY MEDICATION?

- > Athletes must ensure they check the status of any substance they are using each year as the WADA prohibited list is reviewed annually. The prohibited list comes into effect on 1 January every year and is subject to no amnesty period.

**IF AN ATHLETE REQUIRES THE USE OF A PROHIBITED SUBSTANCE FOR LEGITIMATE THERAPEUTIC REASONS AND THERE IS NO PERMITTED ALTERNATIVE, THE ATHLETE MUST APPLY FOR A THERAPEUTIC USE EXEMPTION BEFORE THEY BEGIN TAKING THE MEDICATION.**

Visit [www.asada.gov.au](http://www.asada.gov.au) for more information.

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