

This card lists examples of prohibited substances and may be subject to change. Download the complete 2012 Prohibited List ([www.USADA.org](http://www.USADA.org)), research your medication on [www.GlobalDRO.com](http://www.GlobalDRO.com) or contact the Athlete Express ([athleteexpress@usada.org](mailto:athleteexpress@usada.org)) for more information on prohibited substances (719) 785-2000 (outside of the USA) or 866-601-2632

**CATEGORIES PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)**

- Ø **Non-Approved Substances:** Pharmaceuticals with no approval by governmental regulatory health authority for human therapeutic use.
- Ø **Anabolic Agents:** Androstenedione, bolandiol, bolasterone (dimethyltestosterone, Madol), boldenone, clenbuterol, danazol, DHEA and its metabolites, drostanolone, epitestosterone, methasterone, methyl-1-testosterone, methyltestosterone (Estratest, Covaryx), nandrolone, norboletone, oxandrolone, prostanazol, stanozolol, testosterone, tetrahydrogestrinone (THG), tibolone, trenbolone, zeranol, zilpaterol, and similar substances.
- Ø **Beta-2 agonists (see diuretics warning on other side):** Bambuterol, bitolterol, fenoterol, metaproterenol (Alupent), orciprenaline, pirbuterol (Maxair), reproterol, terbutaline (Brethaire). See reverse for not prohibited inhaled beta-2 agonists.
- Ø **Diuretics and Other Masking Agents (see diuretics warning on other side):** Acetazolamide, albumin, amiloride, bromantan, bumetanide, chlorthalidone, chlorothiazide, desmopressin (DDAVP), dextran, eplerenone, furosemide, glycerol, hydrochlorothiazide, hydroxyethyl starch, indapamide, mannitol, metolazone, probenecid, spironolactone, tolyaptan & related substances. Drosperinone, use of felypressin in a dental procedure, pamabrom, topical dorzolamide and topical brinzolamide are not prohibited.
- Ø **Hormone and Metabolic Modulators:**  
*Aromatase inhibitors:* Aminoglutethimide (Cytadren), anastrozole (Arimidex), androstenedione (6-oxo), androstatrienedione, bicalutamide (Casodex), exemestane (Aromasin), formestane, letrozole (Femara), testolactone (Teslac)  
*Selective Estrogen Receptor Modulators (SERMS) and Anti-estrogens:* Clomiphene, cyclofenil, fulvestrant, raloxifene, tamoxifen, toremifene  
*Agents Modifying Myostatin Functions: Myostatin Inhibitors*
- Ø **Peptide Hormones, Growth Factors and Related Substances (and all releasing factors):** Insulins, Corticotrophins (ACTH, tetracosactide), growth hormone (hGH, GH, Humatrope, Nutropin, Serostim). Chorionic gonadotrophin (CG, hCG) is prohibited in males only. Luteinizing hormone(LH) is prohibited in males only.  
*Erythropoiesis-stimulating agents:* Erythropoietin (EPO, Epogen, Procrit), darbepoetin (dEPO, Aranesp), Continuous Erythropoietin Receptor Activator (CERA, Micera), peginesatide (Hematide), hypoxia-inducible factor stabilizers  
*Growth factors:* fibroblast (FGF), hepatocyte (HGF), insulin-like (IGF-1), mechano (MGF), platelet-derived, vascular-endothelial, and any others affecting muscle/tendon/ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fiber type switching.  
 Platelet derived preparations (such as PRP) are not prohibited.

**METHODS PROHIBITED IN- AND OUT-OF-COMPETITION**

- Ø **Enhancement of Oxygen Transfer:**
  - a) *Blood Doping:* The administration of autologous, homologous or heterologous blood or red blood cells of any origin
  - b) *Oxygen Transport:* The administration of products that enhance the uptake, transport or delivery of oxygen, e.g., modified hemoglobin products including but not limited to bovine and cross-linked hemoglobins, microencapsulated hemoglobin products, perfluorochemicals, and efaproxiral (RSR13).
- Ø **Chemical and Physical Manipulation:**
  - Catheterization with intent to compromise a sample, adulterants, substitution, and tampering/attempting to tamper with the specimen or the collection form.
  - Intravenous (IV) infusions: injections of more than 50 mL per 6 hour period are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations
  - Sequential withdrawal, manipulation and reintroduction of any quantity of whole blood into the circulatory system is prohibited.
 Plasmapheresis and civil-minded blood donation by athletes are not prohibited.
- Ø **Gene Doping:** The transfer of cells or genetic elements and/or the use of pharmacological or biological agents that alter gene expression that have the potential to enhance athletic performance.

**CATEGORIES OF SUBSTANCES PROHIBITED IN-COMPETITION ONLY**

- Ø **Stimulants:** Adrenaline (epinephrine), e.g. EpiPen use requires an Emergency TUE submission following treatment. adrafinil, amphetamine-dextroamphetamine (Adderall), armodafinil (Nuvigil), benzphetamine, bromantan, cocaine, dextroamphetamine (Dexedrine), dexmethylphenidate (Focalin), ephedra (MaHuang), ephedrine, isometheptene, lisdexamphetamine (Vyvanse), methamphetamine (Dexosyn), methylhexanamine (DMMA, geranamine, pentylamine, others), methylsynephrine (oxilofrine), methylphenidate (Concerta, Daytrana, Metadate-CD, Methylin, Ritalin), modafinil, pemoline, phentermine (Bontril, Adipex), pseudoephedrine, selegiline (Eldepryl), sibutramine (Meridia), and related substances.
- Ø **Narcotics:** Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl & derivatives, hydromorphone, meperidine (pethidine), methadone, morphine, opium, oxycodone, oxymorphone, pentazocine.
- Ø **Cannabinoids:** Cannabis, hashish, marijuana, Marinol, THC, and cannabimimetics ("Spice", HU-210). Hemp products may contain detectable THC. Consuming products containing hemp is at your own risk.
- Ø **Glucocorticosteroids:** Methylprednisolone, dexamethasone, prednisone Systemic use is prohibited (oral, rectal (i.e. suppository), intravenous or intramuscular). Topical use, local injections into or around joints and tendons, local epidural injection, and use by inhalation are not prohibited (see reverse).

**CATEGORIES OF PROHIBITED SUBSTANCES IN PARTICULAR SPORTS**

(Prohibited by certain International Federations)

- Ø **Alcohol (ethanol)**
- Ø **Beta-Blockers:** Acebutolol, atenolol, bisoprolol, carvedilol, esmolol, labetalol, metoprolol, nadolol, pindolol, propranolol, sotalol, timolol, and related substances



## Examples of Medications that are **NOT PROHIBITED**

(effective January 1, 2012)

If only a brand name is listed, the generic equivalent is also not prohibited.

- o **Anesthetics:** Novacaine, septocaine, Xylocaine (lidocaine). Local anesthetic agents containing adrenaline (epinephrine) given by local administration (intra-dermal, nasal, ophthalmic) are not prohibited.
- o **Antacids:** Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- o **Antianxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- o **Antibiotics:** Carbopenems, cephalosporins, fluoroquinolones, erythromycins, metronidazole, penicillins and derivatives, rifampin, vancomycin
- o **Antidepressant/Mood stabilizers:** Abilify, Celexa, Cymbalta, Elavil, Effexor, Lexapro, Lithium, Paxil, Pristiq, Prozac, Risperdal, Seroquel, Wellbutrin, Zoloft
- o **Antidiabetic:** Avandia, glimipride (Amaryl), glipizide (Glucotrol), glyburide, metformin (Glucophage), pioglitazone (Actos)
- o **Antidiarrheal:** Diphenoxylate w/atropine, Imodium, kaolin w/pectin, Kaopectate, Lomotil, Lonox, loperamide, Pepto Bismol
- o **Antifungal:** Clotrimazole (Lotrimin), Cruex, Desenex, Lamisil (terbinafine), Micatin, Monistat, Mycostatin, Tinactin (tolnaftate)
- o **Antinausea/Antivertigo:** Bonine, Compazine, diphenhydramine, Dramamine, Emetrol, meclizine (Antivert), Motion Aid, Phenergan, scopolamine, Tigan
- o **Antiviral:** Acyclovir, didanosine, Famvir, Relenza, stavudine, Tamiflu, Valtrex
- o **Asthma:** Cromolyn sodium (Intal), ipratropium, nedocromil sodium (Tilade), theophylline, tiotropium (Spiriva), zafirlukast (Accolate)
- o **Beta-2 agonists (by inhalation only):** Albuterol (not more than 1600 micrograms in 24 hours), formoterol (not more than 36 micrograms in 24 hours) and salmeterol (e.g. Advair, Combivent, Foradil, ProAir, Proventil, Ventolin, Serevent, Symbicort, Xolair, Xopenex). See Diuretic warning below.
- o **Attention Deficit (ADD or ADHD):** Guanfacine (Intuniv), Strattera (atomoxetine).
- o **Cold/Allergy/Cough:** There are many cold and flu products and their formulations change frequently. It is essential to review the status of *each active ingredient* in the product before you take it. The following ingredients are not prohibited: codeine, dextromethorphan, guaifenesin, hydrocodone, loratadine, naphazoline, oxymetazoline, phenylephrine, promethazine, tetrahydrozoline.  
**Caution: see reverse for pseudoephedrine (often "non-drowsy" or "D" formulations).**
- o **Contraceptives:** Alesse, Apri, Aviane, Desogen, Estrostep, Kariva, Loestrin, Lo-Ovral, Mircette, Microgestin, Necon, Next Choice, NuvaRing, Ortho-Cyclen, Ortho Evra patch, Ortho-Tri-Cyclen, Ovcon, Plan-B, Seasonale, Sprintec, Tri-nessa, Triphasil, Trivora, Yasmin, Yaz, Zovia
- o **Ear Preparations:** Auralgan, Auro, Cerumenex, Ciprodex, Debrox, Murine, Otic Domeboro, and all otic antibiotics
- o **Eye Preparations:** Alrex, Artificial Tears, Murine Plus, Naphcon-A, Neo-Synephine, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vasocon-A, Visine, and all ophthalmic antibiotics
- o **Hemorrhoidal:** Tucks anti-itch, Preparation H. Topical glucocorticosteroids creams.  
**Caution: Glucocorticosteroids in rectal suppositories are prohibited in competition.**
- o **Hormone Replacement Therapy:** Estrogens (FemHRT), progesterone. **Hormone replacement therapies containing androgens are prohibited (e.g. Estratest).**
- o **Laxative/Stool Softener:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax, sennosides, Senokot, Senokot-S
- o **Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical corticosteroids
- o **Muscle Relaxant:** Baclofen, cyclobenzaprine, Norflex, Skelaxin, Soma, Zanaflex
- o **Pain/Anti-Inflammatory:** Acetaminophen (Tylenol), aspirin, Bufferin, celecoxib (Celebrex), codeine, diclofenac (Voltaren), hydrocodone (Norco, Vicodin), ibuprofen (Advil), ketorolac (Toradol), meloxicam (Mobic), naproxen (Aleve), Neurontin, pregabalin (Lyrica), tapentadol (Nucynta), tramadol (Ultram)
- o **Sedative/Sleep Aids:** Ambien, Ambien CR, alprazolam (Xanax), Ativan, Compoz, Dalmane, diazepam (Valium), diphenhydramine, Lunesta, Nytol, Restoril, Rozerem, Sominex, Sonata, trazodone, Unisom
- o **Stomach/Ulcer:** Aciphex, Axid, Carafate, Kapidex, Mylanta, Maalox, Nexium, Pepcid, Prevacid, Prilosec, Protonix Tagamet, Tums, Zantac
- o **Vaccines:** Chickenpox, Diphtheria, H1N1, Hepatitis, HPV, influenza (Fluzone, Flumist), MMR, Meningococcal, Pertussis, pneumococcal (pneumonia), Polio, Rabies, rotavirus, TB, Tetanus, Typhoid
- o **Vaginal Preparations:** AVC, Femstat, Gyne-Lotrimin, Metrogel, Monistat, Mycelex, Mycostatin, Terazol, Vagistat

An approved Therapeutic Use Exemption (TUE) is required before using a prohibited substance in sport in order to avoid an anti-doping rule violation. Please review WADA, USADA, and your respective International Federation rules for procedures for filing TUE applications.

**Dietary Supplements:** A wide variety of dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, energy drinks) may contain undeclared or misnamed prescription medications or other substances that are on the Prohibited List. **Any athlete who takes a dietary supplement does so at the risk of an anti-doping rule violation.**

**Diuretic Warning:** The use of any quantity of a substance subject to threshold limits (i.e. formoterol, salbutamol, morphine, cathine, ephedrine, methylephedrine and pseudoephedrine) in conjunction with a diuretic or masking agent requires a Therapeutic Use Exemption (TUE) for both the threshold substance AND the diuretic or masking agent. This is true even if you are using a "threshold substance" under the permitted threshold and/or as prescribed.

Effective January 1, 2012

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