



**Examples of 2006 PROHIBITED SUBSTANCES and PROHIBITED METHODS OF DOPING**

THIS CARD IS A SUMMARY AND IS SUBJECT TO CHANGE. CHECK THE WADA OR USADA WEB SITE FOR THE FULL PROHIBITED LIST.

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

- Ø **Anabolic Agents:**  
*Anabolic-androgenic steroids:* Androstenediol, androstenedione, bolasterone, boldenone, clenbuterol, danazol, desoxy methyltestosterone, drostanolone, DHEA, methasterone, methyl-1-testosterone, methyltestosterone, prostanazol, nandrolone, norbolethone, oxandrolone, stanozolol, testosterone, tetrahydrogestrinone (THG), trenbolone (and similar substances)
- Ø **Hormones and Related Substances (and all releasing factors):**  
Erythropoietin (EPO)  
Growth hormone (hGH) and Insulin-like Growth Factors (e.g., IGF-1)  
Gonadotrophins (hCG and LH – prohibited in males only)  
Insulin NOTE: Allowed to treat insulin-dependent diabetes with Standard TUE  
Corticotrophins (ACTH, tetracosactide)
- Ø **Beta-2 agonists:** Advair\*, albuterol\*, bambuterol, bitolterol, Brethaire\*, Combivent\*, fenoterol, Foradil\*, formoterol\*, metaproterenol, orciprenaline, pirbuterol, Proventil\*, reproterol, salbutamol\*, salmeterol\*, Serevent\*, terbutaline\*, Ventolin\*, Xopenex\*  
NOTE: \* Allowed by inhaler or nebulizer only if an Abbreviated TUE is on file with USADA or International Federation (IF), as appropriate. A salbutamol (albuterol) level greater than 1000 ng/ml is prohibited even with an Abbreviated TUE.
- Ø **Agents With Anti-Estrogenic Activity:** NOTE: Prohibited in males and females  
*Aromatase inhibitors:* Aminoglutethimide, Arimidex, Aromasin, Casodex, Cytadren, Femara, formestane, Teslac, testolactone  
*Other Estrogen Receptor Modulators and Anti-estrogens:* Clomiphene, cyclofenil, raloxifene, tamoxifen, and toremifene
- Ø **Diuretics and Other Masking Agents:**  
*Diuretics:* Acetazolamide, amiloride, bendroflumethiazide, bumetanide, canrenone, chlorthalidone, chlorothiazide, ethacrynic acid, furosemide, hydrochlorothiazide, indapamide, metolazone, spironolactone, and related substances  
*Masking Agents:* Avodart, bromantan, dutasteride, epitestosterone, finasteride, probenecid, Propecia, Proscar  
*Plasma Expanders:* Hydroxyethyl starch, albumin, dextran

**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 (i.e. modified hemoglobin products including but not limited to bovine and cross-linked hemoglobins, microencapsulated hemoglobin products, perfluorochemicals, and RSR13)
- Ø **Chemical and Physical Manipulation:** Catheterization, epitestosterone, glutaraldehyde, hydroxyethyl starch, probenecid, substitution, and tampering with or attempting to tamper with the specimen or the collection form.
- Ø **Gene Doping:** The non-therapeutic use of genes, genetic elements and/or cells that have the capacity to enhance athletic performance.

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

- Ø **Stimulants (including D- and L-isomers where relevant):** Adderall, adrenaline, adrafinil, amphetamine, benzphetamine, bromantan, cocaine, Concerta, Dexedrine, ephedra, ephedrine, heptaminol, isometheptene, Ma Huang (herbal ephedrine), MDMA, methylamphetamine (and all isomers), methylphenidate, modafinil, norpseudoephedrine, pemoline, Ritalin, selegiline, and related substances. Systemic epinephrine (Epi-pen) is prohibited in-competition. - Emergency use requires an Emergency TUE.
- Ø **Narcotics:** Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and derivatives, hydromorphone, meperidine, methadone, morphine, oxycodone, oxymorphone, pentazocine. (all other narcotics permitted)
- Ø **Cannabinoids:** Hashish, marijuana (THC)
- Ø **Glucocorticosteroids:** Systemic use is prohibited when administered orally, rectally, or by intravenous or intramuscular injection. **Topical** preparations for skin, ophthalmic (eye), otic (ear), nasal, and buccal cavity are permitted. Local injections, inhalation, and iontophoresis in-competition require that an Abbreviated TUE be submitted to the IF or USADA, as appropriate.

**CLASSES OF PROHIBITED SUBSTANCES IN CERTAIN CIRCUMSTANCES**

(prohibited by certain IFs, see WADA list/USADA Guide)

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

**FOR ADDITIONAL QUESTIONS**

Visit Drug Reference Online™: [www.usantidoping.org/dro](http://www.usantidoping.org/dro)  
Call USADA's Drug Reference Line™: (800) 233-0393  
or (719) 785-2020 (outside the U.S.)  
E-mail: [drugreference@usantidoping.org](mailto:drugreference@usantidoping.org)

**NOTE: Please review both the WADA and your respective IF rules for procedures for filing TUE applications.**

This list is effective January 1, 2006 until further notice.



- 0 **ADD/ADHD:** Strattera
- 0 **Anesthetics:** All locals and locals with epinephrine permitted
- 0 **Antacids:** Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- 0 **Anti-Anxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- 0 **Antibiotics:** All are permitted
- 0 **Anti-Depressants:** Celexa, Cymbalta, Paxil, Prozac, Wellbutrin, Zoloft
- 0 **Anti-Diabetics:** Actos, Amaryl, Glucophage, glipizide, Glucotrol, glyburide, metformin
- 0 **Anti-Diarrheals:** Diphenoxylate w/ atropine, Imodium, kaolin w/ pectin, Kaopectate, Lomotil, Lonox, loperamide, Pepto Bismol
- 0 **Topical Antifungals:** Cruex, Desenex, Lamisil, Lotrimin, Micatin, Monistat, Mycostatin, Tinactin
- 0 **Anti-Nausea/Anti-vertigo:** Antivert, Bonine, Bucladin S, Compazine, diphenhydramine, Dramamine, Emetrol, Motion Aid, Tigan
- 0 **Antiviral:** Acyclovir, didanosine, Famvir, Relenza, stavudine, Tamiflu, Valtrex
- 0 **Asthma:** Accolate, cromolyn sodium, Intal, ipratropium, nedocromil sodium, Singulair, theophylline, Tilade
- 0 **Cold/Allergy Medications:**  
*Antihistamines/Decongestants:* Allegra, Allegra-D, Benadryl, cetirizine, chlorpheniramine, clemastine, Clarinex, Claritin, Claritin-D, diphenhydramine, fexofenadine, loratadine, naphazoline, oxymetazoline, phenylephrine, pseudoephedrine (Sudafed), tetrahydrozoline, xylometazoline, Zyrtec, Zyrtec-D  
*Cold Medications:* Actifed cold & sinus, Advil cold & sinus, Alka-Seltzer Plus (cold & cough, cold & sinus, cold & flu), Chlor-Trimeton (-D, allergy), Comtrex, Coricidin (-D, HBP, cold, flu & sinus, cough & cold), Drixoral (cold & allergy, allergy sinus), Robitussin (severe congestion, cold & cough, CF, PE, DM), Triaminic (cold & cough, allergy congestion, cold, allergy & sinus), Tylenol (allergy sinus, flu, cold, sinus, multi-symptom), Vicks (44D, Dayquil, Nyquil)  
*Cough preparations:* Codeine, dextromethorphan, hydrocodone  
*Expectorant:* Guaifenesin  
**CAUTION: Combination cold medications may contain prohibited substances**
- 0 **Contraceptives:** Alesse, Apri, Aviane, Demulen, Desogen, Estrostep, Kariva, Loestrin, Lo-Ovral, Mircette, Microgestin, Necon, NuvaRing, Ortho-Cyclen, Ortho Evra patch, Ortho-Tri-Cyclen, Ovcon, Ovral, Seasonale, Sprintec, Triphasil, Trivora, Yasmin, Zovia
- 0 **Ear preparations:** Auralgan, Auro Ear Drops, Cerumenex, Ciprodex Otic, Cipro HC Otic, Cortisporin Otic, Debrox, Murine Ear Drops, Otic Domeboro,
- 0 **Eye preparations:** Alex, Artificial Tears, Blephamide, Cortisporin Ophthalmic, Maxitrol, Murine Plus, Mycitracin, Naphcon-A, Neo-Synephrine, Ocu-Pred, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vasocon-A, Visine
- 0 **Hemorrhoidals:** Anusol, Preparation H - NOTE: External cream or ointments containing corticosteroids are allowed. (Systemic use of a corticosteroid is prohibited in-competition)
- 0 **Laxatives:** Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil
- 0 **Liniments/Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All 454, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical skin corticosteroids
- 0 **Muscle Relaxants:** Baclofen, Flexeril, Norflex, Soma, Zanaflex
- 0 **Pain/Anti-Inflammatory:** Acetaminophen, Aleve, aspirin, Bufferin, Celebrex, codeine, Dolobid, Ecolrin, hydrocodone, ibuprofen, naproxen, piroxicam, propoxyphene, Tylenol (Plain, Ex-Strength), Ultram  
*Non-steroidal anti-inflammatory agents (NSAIDS):* All are permitted (except famprofazone)
- 0 **Sedatives/Sleep Aids:** Ambien, Antivert, Ativan, Compoz, Dalmane, diphenhydramine, Halcion, Lunesta, Nytol, Restoril, Rozerem, Somnex, Unisom, Valium, Xanax
- 0 **Ulcer Medications:** Aciphex, Acid, Carafate, Nexium, Pepcid, Prevacid, Prilosec, Protonix, Tagamet, Zantac
- 0 **Vaginal Preparations:** AVC, Femstat, Gyne Lotrimin, Metrogel, Monistat, Mycelex, Mycostatin, Terazol, Vagistat

**NOTE: Glucocorticosteroids:** All topical administrations for skin, otic (ear), ophthalmic (eye), nasal and buccal (mouth) are now permitted and no longer require an Abbreviated TUE. **Iontophoresis, inhalation, and local injections require an Abbreviated TUE for in-competition use. Systemic use is prohibited in-competition.**

Check the USADA Guide for an extensive list of permitted substances.

**TUE:** Therapeutic Use Exemption  
**IF:** International Federation

#### **USADA DIETARY SUPPLEMENT WARNING**

Many dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, and energy drinks), which are sold over the counter or through the Internet, contain substances that are prohibited by the World Anti-Doping Code.

Since anti-doping rules make the presence of a prohibited substance in an athlete's urine a doping offense regardless of how the substance got there, any athlete who takes a dietary supplement does so at his or her own risk of a positive test and a doping violation.

Effective January 1, 2006

**IT IS THE ATHLETE'S RESPONSIBILITY TO CHECK THE STATUS OF ALL MEDICATIONS AND TO KNOW THE RULES OF HIS/HER SPORT.**