

## Athlete Alert on the Release of the 2010 Prohibited List



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The World Anti-Doping Agency has announced the release of the 2010 Prohibited List which will take effect on January 1, 2010. USADA is providing this alert to notify athletes of the release of this list, and to highlight five major changes and clarifications.

[http://www.wada-ama.org/rtecontent/document/2010\\_Prohibited\\_List\\_FINAL\\_EN\\_Web.pdf](http://www.wada-ama.org/rtecontent/document/2010_Prohibited_List_FINAL_EN_Web.pdf) Please note that this alert only highlights some of the changes in the Prohibited List and is not intended to be a detailed summary.

### Summary of Major Changes

1. The intramuscular injection of **Platelet-Derived Preparations** (such as Platelet Rich Plasma or PRP, and 'blood spinning') is prohibited, and therefore requires a Therapeutic Use Exemption. Platelet –derived preparations by other routes of administration (such as local injection into a joint, tendon, or ligament) will require only a USADA Website Declaration of Use.
2. WADA has added **Glycerol** as an example of a substance that can act as a Plasma Expander at certain dosages.
3. Two commonly prescribed inhaled **beta-2 agonists**, salbutamol (referred to as albuterol in the USA) and salmeterol, will only require a USADA Website Declaration of Use. Oral use of any beta-2 agonist (i.e. tablets, syrups), including albuterol and salmeterol is still prohibited. All other inhaled beta-2 agonists are also prohibited and require a Therapeutic Use Exemption prior to use.
4. WADA has clarified that **Supplemental oxygen** continues to be not prohibited.
5. **Pseudoephedrine** will be prohibited in-competition only. Pseudoephedrine may be found in cold and flu medications and decongestants that are often sold from behind the counter at pharmacies, but without a prescription. Athletes need to be certain the medications they take during, or just before competitions, do not contain pseudoephedrine. Athletes need to allow enough time for the substance to pass from their body prior to competition, and to be aware of the slow excretion of pseudoephedrine from "delayed release" preparations.

USADA is evaluating the 2010 Prohibited List and will soon provide further guidance on this matter. In the meantime, please consult the 2010 Prohibited List (available on [www.usada.org](http://www.usada.org)), or contact the Drug Reference Department at the US Anti-Doping Agency on [DrugReference@usada.org](mailto:DrugReference@usada.org) for further information or the Drug Reference Phone Line on 1-800-233-0393. For questions on Therapeutic Use Exemptions or the Website Declaration Process, please contact the Drug Reference Department on [tue@usada.org](mailto:tue@usada.org) or visit the USADA Website [www.usada.org](http://www.usada.org).