



## EXAMPLES OF PROHIBITED SUBSTANCES & METHODS

(effective January 1, 2011)

This card lists examples of prohibited substances and may be subject to change. Download the complete 2011 Prohibited List ([www.USADA.org](http://www.USADA.org)), research your medication on [www.GlobalDRO.com](http://www.GlobalDRO.com) or contact the drug reference department (email [drugreference@usada.org](mailto:drugreference@usada.org); or phone 719-785-2020 or 800-233-0393) for more information on prohibited substances.

### CATEGORIES PROHIBITED 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, bolasterone (dimethyltestosterone, Madol), boldenone, clenbuterol, danazol, DHEA, drostanolone, Estratest, epitestosterone, methasterone, methyl-1-testosterone, methyltestosterone, nandrolone, norboletone, oxandrolone, prostanazol, stanozolol, testosterone, tetrahydrogestrinone (THG), trenbolone, and similar substances. Selective Androgen Receptor Modulators (SARMS)
- 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) and Luteinizing hormone (LH) are 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 (HIF) stabilizers  
*Growth factors:* fibroblast, hepatocyte, insulin-like (IGF-1), mechano, platelet-derived growth factor, vascular-endothelial, and any others affecting muscle, tendon, protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fiber type switching
- Ø **Beta-2 agonists:** Arformoterol (Brovana), bambuterol, bitolterol, fenoterol, formoterol (Foradil, Symbicort), metaproterenol (Alupent), orciprenaline, pirbuterol (Maxair), reproterol, terbutaline (Brethaire). Albuterol (under 1600 micrograms/24 hours) and salmeterol are not prohibited.
- Ø **Hormone Antagonists and 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 **Diuretics and Other Masking Agents:**  
*Diuretics:* Acetazolamide, amiloride, bumetanide, chlorthalidone, chlorothiazide, eplerenone, furosemide, hydrochlorothiazide, indapamide, metolazone, spironolactone, & related substances **Note:** Drosperinone, pamabrom and topical dorzolamide and brinzolamide are not prohibited  
*Masking Agents:* Bromantan, desmopressin (DDAVP), diuretics, probenecid  
*Plasma Expanders:* Albumin, dextran, glycerol, hydroxyethyl starch, mannitol

### 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)  
**Note:** Supplemental oxygen is not prohibited
- Ø **Chemical and Physical Manipulation:** Catheterization, adulterants, substitution, and tampering with or attempting to tamper with the specimen or the collection form. Intravenous **infusions** are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations. Other use requires a TUE. Sequential withdrawal, manipulation and reinfusion of whole blood into the circulatory system is 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:** Adderall, adrenaline (epinephrine)-Systemic epinephrine (e.g. EpiPen) is prohibited in-competition & Emergency use requires an Emergency TUE following treatment, adrafinil, amphetamine, armodafinil (Nuvigil) benzphetamine, bromantan, cocaine, dextroamphetamine, dextroamphetamine (Dexedrine), ephedra (MaHuang), ephedrine, Focalin (dexmethylphenidate), heptaminol, isomethoprene, methylamphetamine, Meridia, methylhexanamine, methylphenidate (Concerta, Ritalin, Metadate-CD, Methylin), modafinil, norpseudoephedrine, pemoline, phentermine, pseudoephedrine, selegiline, Vyvanse (lisdexamphetamine), and related substances.  
\*Systemic epinephrine (EpiPen) is prohibited in-competition-Emergency use of the EpiPen requires an Emergency TUE following treatment.
- Ø **Narcotics:** Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl & derivatives, hydromorphone, meperidine (pethidine), methadone, morphine, oxycodone, oxymorphone, pentazocine. **Other narcotics are not prohibited.**
- Ø **Cannabinoids:** Cannabis, hashish, marijuana, Marinol, THC, and cannabimimetics ("Spice," HU-210).
- Ø **Glucocorticosteroids:** Systemic use is prohibited (oral, rectal (e.g. suppository), intravenous or intramuscular routes of administration). **Topical use, local injections into and around joints and tendons, epidural, and use by inhalation are not prohibited.**

### 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

- 0 **Anesthetics:** Novacaine, septocaine, xylocaine. Adrenaline (epinephrine) associated with local anesthetic agents or by local administration (nasal, ophthalmic) is not prohibited.
- 0 **Antacids:** Di-Gel, Gaviscon, Maalox, Mylanta, Tums
- 0 **Antianxiety:** Atarax, Ativan, Buspar, Librium, Valium, Vistaril
- 0 **Antibiotics:** cephalosporins, fluoroquinolones, -mycins, metronidazole, penicillins and derivatives
- 0 **Antidepressant/Mood stabilizers:** Abilify, Celexa, Cymbalta, Elavil, Effexor, Lexapro, Lithium, Paxil, Pristiq, Prozac, Risperdal, Seroquel, Wellbutrin, Zoloft
- 0 **Antidiabetic:** Actos, Amaryl, Avandia, Glucophage, glipizide, Glucotrol, glyburide, melformin
- 0 **Antidiarrheal:** Diphenoxylate w/atropine, Imodium, kaolin w/pectin, Kaopectate, Lomotil, Lonox, loperamide, Pepto Bismol
- 0 **Antifungal:** Clotrimazole, Cruex, Desenex, Lamisil, Lotrimin, Micatin, Monistat, Mycostatin, Tinactin
- 0 **Antinausea/Antivertigo:** Antivert, Bonine, Bucladin S, Compazine, diphenhydramine, Dramamine, Emetrol, Motion Aid, scopolamine, Tigan
- 0 **Antiviral:** Acyclovir, didanosine, Famvir, Relenza, stavudine, Tamiflu, Valtrex
- 0 **Asthma:** Accolate, Advair, albuterol (ProAir, Proventil, Ventolin), Combivent, cromolyn sodium (Intal), ipratropium, nedocromil sodium (Tilade), salbutamol, salmeterol (Advair, Serevent), Singulair, theophylline, tiotropium (Spiriva), Xolair, Xopenex (levalbuterol). **Oral Beta-2 agonists are PROHIBITED**
- 0 **Cold/Allergy:**  
*Antihistamines/Decongestants:* Allegra, Benadryl, cetirizine, chlorpheniramine, clemastine, Clarinex, Claritin, diphenhydramine, fexofenadine, loratadine, naphazoline, oxymetazoline, phenylephrine, tetrahydrozoline, Zyrtec  
*Combination Cold Preparations:* Actifed, Alka-Seltzer Plus Cold & Sinus, Comtrex Cold & Sinus, Coricidin-D, Mucinex, Mucinex-DM, Robitussin (plain, PE, CF, DM), Scot-Tussin Cold & Allergy, Sinutab Sinus, Sudafed-PE, Sudafed-PE Multi-Symptom, Theraflu Severe Cold, Theraflu Chest Congestion, Tylenol Chest Congestion, Tylenol Cold Multi-Symptom, Vicks DayQuil, Vicks Custom Care, Vicks Nyquil (**Caution – There are many products on the market that contain pseudoephedrine or ephedrine derivatives and are therefore prohibited in-competition. Often, but not always, these products have “D” in the name, for example Claritin-D and Benadryl-D**)  
*Cough preparations:* Codeine, dextromethorphan, guaifenesin, hydrocodone
- 0 **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
- 0 **Ear Preparations:** Auralgan, Auro, Cerumenex, Debrox, Murine, Otic Domeboro, and all otic antibiotics
- 0 **Eye Preparations:** Alex, Artificial Tears, Murine Plus, Naphcon-A, Neo-Synephrine, Patanol, Pred-Forte, oxymetazoline, Relief, tetrahydrozoline, Vascon-A, Visine, and all ophthalmic antibiotics
- 0 **Hemorrhoidal:** Anusol, Preparation H. Glucocorticosteroids in creams or ointments used topically are not prohibited, but **Systemic use of a glucocorticosteroid such as a suppository is prohibited.**
- 0 **Laxative/Stool Softener:** Colace, Correctol, Dulcolax, Ex-Lax, Fibercon, Fleet Enema, Metamucil, Miralax, sennosides, Senokot
- 0 **Topicals:** Aspercreme, Ben-Gay, capsaicin, Flex-All 454, Icy Hot Balm, Myoflex Cream, Sportscreme, Vicks Vaporub, Zostrix, Zovirax, topical corticosteroids
- 0 **Muscle Relaxant:** Baclofen, cyclobenzaprine, Norflex, Skelaxin, Soma, Zanaflex
- 0 **Pain/Anti-Inflammatory:** Acetaminophen (Tylenol), Advil, Aleve, aspirin, Bufferin, Celebrex, codeine, hydrocodone, ibuprofen, Lyrica, meloxicam, Mobic, naproxen, Neurontin, piroxicam, propoxyphene, tramadol, Ultram  
*Non-steroidal anti-inflammatory agents (NSAIDS):* Are not prohibited
- 0 **Sedative/Sleep Aids:** Ambien (& CR), alprazolam, Antivert, Ativan, Compoz, Dalmane, diazepam, diphenhydramine, Lunesta, Nytol, Restoril, Rozerem, Somnex, Sonata, trazodone, Unisom, Valium, Xanax
- 0 **Stomach/Ulcer:** Aciphex, Acid, Carafate, Kapidex, Mylanta, Maalox, Nexium, Pepcid, Prevacid, Prilosec, Protonix Tagamet, Tums, Zantac
- 0 **Vaccines:** Chickenpox, Diphtheria, H1N1, Hepatitis, HPV, influenza, MMR, Pertussis, pneumococcal, pneumonia, Polio, Rabies, rotavirus, TB, Tetanus, Typhoid
- 0 **Vaginal Preparations:** AVC, Femstat, Gyne-Lotrimin, Metrogel, Monistat, Mycelex, Mycostatin, Terazol, Vagistat

TUE: Therapeutic Use Exemption

IF: International Federation

An approved Therapeutic Use Exemption 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 IF rules for procedures for filing TUE applications.

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

Many dietary supplements (vitamins, minerals, amino acids, homeopathics, herbs, energy drinks) sold in stores or over the Internet may contain undeclared prescription medications or other substances that are not listed on the label but that are on the Prohibited List. The presence of a prohibited substance in an athlete's urine is 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 an anti-doping rule violation.

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