



# How to talk to your doctor about your ANTI-DOPING RESPONSIBILITIES

## STEP 1: Let them know!



First, tell your doctor that you are subject to drug testing and the WADA Prohibited List. Make sure to share that a prescription isn't enough to justify the use of a prohibited substance.

## STEP 2: Talk about strict liability.

Let them know you face serious consequences for using prohibited substances.



## STEP 3: Check together!



While you're with your doctor, visit [GlobalDRO.com](http://GlobalDRO.com) to check the status of any medications they prescribe or recommend. This will give you the opportunity to discuss permitted alternatives if needed. If you must use a prohibited substance, you will also need their assistance to fill out a Therapeutic Use Exemption application.

## STEP 4: Question supplements together.

Unlike prescription and over-the-counter medications, you can't check supplements on Global DRO.

Supplements are regulated differently and always come with some level of risk for athletes.

Visit [USADA.org/Supplement-Connect](http://USADA.org/Supplement-Connect) for more info.



## STEP 5: Explain that we have resources just for them.



If your doctor wants to learn more, tell them about our resources on [USADA.org](http://USADA.org), including HealthPro Advantage, an online course specifically for healthcare professionals.

#DIDYOUCHECKTHO