

## Can an athlete take any medications?

### Learning Outcomes

- ★ Describe the importance of checking medication
- ★ Show the process of using Global DRO to check medication

The use of medications could lead to an athlete **doping unintentionally** – that is, accidentally committing an ADRV. Medications that are used in everyday life may contain **prohibited substances**. This includes medications prescribed by a GP and those bought over a counter at a pharmacy or ‘off the shelf’ from a supermarket. Examples include some cold and flu remedies and some asthma inhalers.



Before an athlete takes any medication, they should make sure it does not contain any prohibited substances. UKAD, and six other countries have developed an **online tool** so athletes can **check the status of their medication**. This is called **Global DRO**. It is an **athlete’s sole responsibility** to be sure they are not using a medication that is prohibited, so they should always check using Global DRO before use, even if a doctor or any other athlete support personnel have claimed to have checked it.





When using Global DRO users must specify their **user type**, **sport** and **nation of purchase** and then enter a **product name** or an **individual ingredient**. The user can then view the prohibited status of the brand or ingredient **both in- and out-of-competition**.

Users must understand that Global DRO provides information on **licensed medicines** and their ingredients only. Global DRO does not contain information that applies to dietary or herbal supplements.





Athlete **health must be prioritised**, so if a medication is ‘prohibited’ and no suitable permitted alternatives exist, athletes may require a Therapeutic Use Exemption (TUE) [see 5].

- Consider medications from a range of sources and then read the information on [Checking your Medications](#), before **grouping medications** in **Activity 4.1** into prohibited and not prohibited substances.
- Watch the [How to use Global DRO Video](#) before searching medications on [Global DRO](#) in **Activity 4.2**.

### Quick Links:

-  [Checking Your Medications](#)
-  [Global DRO](#)
-  [How to use Global DRO Video](#)
-  [Hay Fever Medications](#)

### You will need:

-  Handouts
-  Internet Access
-  Sticky Notes
-  *Jamboard or Padlet (optional)*

### Assessment Options

**Scaffold:** Explain why an athlete should use Global DRO to check any medication they take.

**Task:** Produce an advert to remind athletes to check medication on Global DRO.

**Challenge:** Produce a presentation to show athletes how to check medication on Global DRO.



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**User Type** Athlete **Sport** Basketball **Nation of Purchase** United Kingdom **Search for**

### Top 5 Searches

LEMSIP MAX FLU LEMON  
TERBUTALINE  
CANNABIS  
PARACETAMOL  
SALBUTAMOL



### Contact

Email: [substance@ukad.org.uk](mailto:substance@ukad.org.uk)  
Phone: +44 (0)20 7842 3450  
Web: <http://www.ukad.org.uk>  
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Athletes, check your medications!



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## LEMSIP MAX FLU SACHETS

### Status According to the WADA Prohibited List

 <b>In Competition Prohibited</b>	 <b>Out of Competition Not Prohibited</b>
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### Conditions / Warnings



Pseudoephedrine is prohibited when the urinary concentration exceeds 150 microgram/mL. Further information can be found from WADA:

[https://www.wada-ama.org/sites/default/files/resources/files/WADA\\_Additional\\_Info\\_Pseudoephedrine\\_2010\\_EN.pdf](https://www.wada-ama.org/sites/default/files/resources/files/WADA_Additional_Info_Pseudoephedrine_2010_EN.pdf).

This threshold is not valid if you are using any substances in the category of diuretics and masking agents. In this case, you must have a Therapeutic Use Exemption for both the diuretic/masking agent and pseudoephedrine.



The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More](#).

### WADA Classification(s)

Stimulants (S6)

### Status of this brand's individual active ingredients

#### Pseudoephedrine [View details](#)

Other Names: Pseudoephedrine hydrochloride; Pseudoephedrine sulfate; Pseudoephedrine tannate

### Options

GO

[View as PDF](#)
[Ask a Question](#)
[substance@ukad.org.uk](mailto:substance@ukad.org.uk)

## ✓ Activity 4.1: Sticky Note Medications Wall

As a group or as an individual, use sticky notes or a digital version such as Jamboard or Padlet to write down as many **medications** as you can think of.

These could be **prescribed medicines** by a doctor, medications bought **'over a counter'** or **'off the shelf'** at a supermarket.

1. Place the sticky notes onto the physical or digital wall in two groups. One group should be for medications believed to contain a banned substance. The other group is for medications that do not contain a banned substance.
2. What did you consider when you were grouping the medications?
3. Would you move any of your's or your peers' sticky notes?

Contains a Prohibited Substance

Ritalin

Doesn't Contain a Prohibited Substance

Paracetamol



## Contains a Prohibited Substance

## Doesn't Contain a Prohibited Substance

**Ritalin**

**Day Nurse  
Capsules**

**Lemsip  
Cold &  
Flu\***

**Covid  
Vaccine**

**EPO**

**Jext,  
Epipen or  
Emerade**

**Testosterone  
Gel**

**Benadryl  
Allergy  
Relief\***

**Paracetamol**

**Morphine**

**Lemsip  
Max  
Flu**

**Salbutamol  
Inhaler**

**Ibuprofen**



Access the **Global DRO** website at [www.globaldro.com](http://www.globaldro.com). Input your **'User Type'** as **'athlete'** and chose a **sport** from the list, then select **'United Kingdom'** as the 'Nation of Purchase'

- 1. In the search bar individually search for the medications in the first column of the table (to the right).**
- 2. Read the information you receive from the search and look at the colour coded feedback for In- and Out-of-Competition use.**
- 3. In the table, place an 'X' in the box that best represents the status of the medication.**
- 4. Extension Activity: Scroll down the search results page and where a medication contains a banned substance, write that ingredient next to your 'X' in the table.**

Medication	Not Prohibited In- or Out-Of Competition	Conditional	Prohibited In-Competition	Prohibited Out-Of-Competition	Prohibited Both In- and Out-Of-Competition
Paracetamol					
Epipen Auto-Injector					
Ritalin					
Salbutamol Inhaler					
Lemsip Max Flu					

## Activity 4.2: Global DRO Searches - Results

Medication	Not Prohibited In- or Out-Of Competition	Conditional	Prohibited In- Competition	Prohibited Out-Of- Competition	Prohibited Both In- and Out-Of- Competition
Paracetamol	X				
Epipen Auto-Injector			X Adrenaline		
Ritalin			X Methylphenidate		
Ventolin Inhaler		X Salbutamol			
Lemsip Max Flu (Lemon)			X Pseudoephedrine		

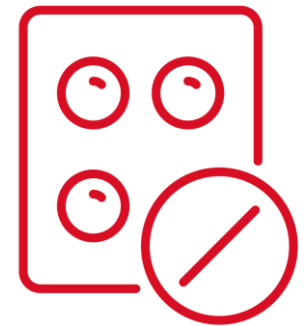
## Can an athlete take any medications?

### Learning Outcomes

- ★ Describe the importance of checking medication
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### Scaffold:

Write a short statement to explain why an athlete should check any medication they take using Global DRO.



### Task:

Produce an image based advert that could be posted on social media to remind athletes to check their medications using Global DRO. Remember to include the countries that medication can be checked in and the potential consequences of not checking medications.

### Challenge:

Produce a short presentation that would show athletes how to use Global DRO to check a medication, why this is an important process for them and remind them that Global DRO only checks licensed medications, not supplements.