

APPENDIX 2: ASTHMA AND SPORTS - BANNED & ALLOWED MEDICATION

Asthma medications banned and allowed by the NZ Sports Drug Agency are listed below

Valid in New Zealand from 1 September 2001 to 31 December 2002.

The position regarding asthma drugs has changed. (E)Formoterol (eg, Foradil, Oxis) has been added to the list of inhaled β_2 -agonists permitted with a prior medical declaration. What is described below applies to the programme operated by the NZSDA only.

Asthma is usually treated by using inhaled drugs or oral drugs or a combination of both. Drugs in the various categories are listed below.

Table 6: Inhalers and bronchodilators

ALLOWED	ALLOWED	ALLOWED* with declaration (see below)	BANNED
	Corticosteroids (inhaled) Permitted in NZSDA programme. May require notification overseas.	β_2 -agonists (inhaled) May be used only for asthma treatment - requires advance medical declaration.	
Intal Tilade Vicrom	Becloforte Becodisk (Inc. 200, Junior & Forte) Becotide (Inc. 100 & Junior) Flixotide Pulmicort Respocort (Inc. 100, 100S, 250, 250S)	Airomir Asmol (Inc. Uni-Dose) Bricanyl Foradil Oxis Respolin Serevent Ventodisk Ventolin (Inc. Forte –inhaler only)	Berotec Medihaler Epi Medihaler Iso

- 1 Any athlete competing at national level or above who is subject to drug testing **must** notify their national sporting organisation of the use of β_2 -agonists, inhaled corticosteroids. Use of Prednisone is allowable **in New Zealand only** (see NZSDA Information Sheet)
- 2 Any athlete competing at Olympic level requires a positive hypertonic saline challenge or equivalent test before they will be allowed to use β_2 -agonists.

*** NOTE:**

- Competitors using these medications must obtain a form specifying that they suffer from asthma or exercise induced asthma, the date of diagnosis, and signed by the diagnosing doctor. This form must be lodged with the national sporting organisation of the competitor and the NZSDA prior to testing (ie, as soon as such diagnosis is made).
- Competitors competing overseas should clarify requirements with respect to use and notification of both β_2 -agonists and corticosteroids through the National Sporting Organisation or by ringing the Drug Free Sport Hotline. You are advised to always have copies of a medical declaration for inhaled β_2 -agonists and (if necessary) corticosteroids available to lodge with the medical authority appointed by the event organisers or International Federation prior to competition.
- Justification for diagnosis including respiratory function test results will be required at Olympic Games and possibly elsewhere.

Table 7: Oral (ie, Tablet or Syrup)

ALLOWED	ALLOWED* (subject to note below)	BANNED
Nuelin (Inc. 24, SR, SR Sprinkle) Theo-Dur	Apo-Prednisone Prednisolone Prednisone	Ventolin (syrup) Volmax

* In recognition of the medical necessity for use of systemic corticosteroids where symptoms are acute, the New Zealand Sports Drug Agency, within its programme only, permits their use, for a recognised medical condition. Competitors who receive this treatment should obtain a note from their doctor, verifying this. In the event of a positive test report this note will be required by the New Zealand Sports Drug Agency.

ANTI-HISTAMINES: All antihistamines are allowed including Eye Drops, Nasal Drops, Topical Creams and Oral Medications, eg, Avil, Claratyne, Hismanal, Polaramine, Teldane, Zyrtec.

You are advised to declare all medication at the time of a drug test, including asthma medication, even if they are listed above as "allowed".

If in doubt talk to your doctor, chemist or use

DRUG FREE SPORT HOTLINE; 0800-DRUGFREE (0800-378437).

You can also visit the NZ Sports Drug Agency website: www.nzstda.co.nz