

## ADVISORY NOTE

### Pseudoephedrine on the 2010 Prohibited List

(Ottawa, Ontario – January 5, 2010) – The Canadian Centre for Ethics in Sport (CCES) would like to remind the Canadian sport community that the World Anti-Doping Agency (WADA) has reintroduced **pseudoephedrine** to the **Prohibited List** effective **January 1, 2010**. Pseudoephedrine, a stimulant commonly found in over-the-counter cough and cold medications, is prohibited in-competition only.

Athletes are advised to consider the use of alternative permitted medications for the treatment of coughs, colds and upper respiratory infections, in consultation with a physician. A list of prohibited and permitted cough and cold medications is available at [www.cces.ca/athletezone](http://www.cces.ca/athletezone).

Athletes can verify the status of medications using the Global DRO at [www.globaldro.com](http://www.globaldro.com), which was updated on January 1, 2010 to reflect the new Prohibited List. Alternately, the CCES will respond to inquiries about Canadian medications by email at [substances@cces.ca](mailto:substances@cces.ca) or by toll-free telephone at 1-800-672-7775.

Athletes who are required to take a prohibited medication for a legitimate medical reason may apply for a therapeutic use exemption (TUE). The CCES website ([www.cces.ca/tue](http://www.cces.ca/tue)) provides complete information on TUE application processes.

In addition, athletes selected for doping control must remember to declare the use of all prescribed medications (e.g., asthma medications and glucocorticosteroids) and all non-prescribed medications and supplements taken in the last 10 days.

#### Further reading:

- WADA's additional information in regards to the reintroduction of pseudoephedrine to the 2010 Prohibited List  
[http://www.wada-ama.org/Documents/World\\_Anti-Doping\\_Program/WADP-Prohibited-list/WADA\\_Additional\\_Info\\_Pseudoephedrine\\_2010\\_EN.pdf](http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Additional_Info_Pseudoephedrine_2010_EN.pdf)

The CCES is an independent, national, non-profit organization. Our mission, to foster ethical sport for all Canadians, is carried out through research, promotion, education, detection and deterrence, as well as through programs and partnerships with other organizations.

**For further information, please contact**

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