

Changes to the Doping Regulations for 2010.

The main changes that will affect most people is regarding asthma medication. The reliever medication salbutamol (blue inhaler) as well as salmeterol (green inhaler) will no longer require an asthma TUE. Salmeterol is the active ingredient in the serevent (green) inhaler and forms part of the seretide (purple) inhaler. They will need to be declared on line via the UK Sport website just the same as you do for the steroid inhalers and steroid injections at present. You will **NOT** need a formal asthma test. For all the athletes on the performance squad who use inhalers I will do this for you in January.

Pseudoephedrine will be going onto the prohibited list again. There are plenty of alternatives for this medication so athletes are unlikely to be able to get a TUE. The drug is not available over the counter anymore in the UK. It is only available on prescription. However, this is not true for all countries so beware of any cold/cough remedies that you can buy when you are abroad. These are best avoided. If in any doubt contact me.

Dr Craig S White 24/11/09