

MEMORANDUM

To: All BJA National Squad Players
BJA Performance Directorate

From: Dr Craig White - BJA Chief Medical Officer

Date: 4 January 2012

Subject: **CHANGES TO WADA REGULATIONS 2012**

There has been only one important change to the regulations this year as follows:

Formoterol the long acting beta -2 agonist (found in symbicort) has been removed from the prohibited list.

HOWEVER like salbutamol there is a maximum dose allowed. This is 36mg. A single puff of a symbicort inhaler has 8 mg of the drug. So that is a maximum of 4 doses in 24 hours

Please remember the information that was sent out last year about salbutamol. This is not prohibited but the maximum dose is 1,600mcg in 24 hours which is **16 puffs** of a standard salbutamol inhaler.

Please contact me if you have any queries.

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