

Checking Meds



The WADA Prohibited List is amended annually but is subject to change from time to time. The list describes each prohibited class of substance with examples. The prohibited list comes into effect on **January 1st** every year and can be found at www.wada.ama.org. If you would like to know more about the Prohibited List Categories, please contact the British Swimming Anti-Doping Manager.

Checking Medication

Before taking any medication, athletes are advised to check the Global Drug Reference website:

www.globaldro.com.uk

Global DRO is a very easy-to-use, online information service. It provides accurate information on the current status of substances and branded medical products according to the current WADA Prohibited List.

Globaldro.com checks medications purchased in UK, USA, Canada and Japan only.

Athletes should have the product box or prescription to hand and they must ensure they type in and select the exact product name from the choices on offer. It is crucial that this is correct, as some products may be both permitted and prohibited depending on the exact type. They should also ensure that they select the correct country of purchase in, as ingredients for apparently the same product can vary between countries.

Some products are permitted out-of-competition but not in-competition. Global DRO gives the exact status of your medication. If a product is allowed out- of- competition but not in-competition, **we advise athletes to seek medical advice to ensure that the medication is out of their systems BEFORE the in-competition period.**

A reference number will appear on Global DRO when you check medication. Athletes should note down the reference number as an additional safeguard.

Please note that Global DRO does not include nutritional supplements or herbal remedies.

If the athlete or coach is unsure of how to check medication using this database, they should contact the British Swimming Anti-Doping Manager.

Taking Medication

Athletes should be aware of the following potential pitfalls:

Repeat Prescriptions

Check that repeat prescriptions are for exactly the same medication as originally prescribed. If the prescription has even slightly changed, athletes should check the new brand or ingredients on Global DRO to ensure the product is not prohibited.

Receiving medication abroad

Even if an athlete's medication looks exactly the same, manufacturers use different ingredients or dosages for the same product in different countries. Athletes are advised to take enough medication to cover their time abroad. If they need to take foreign-purchased medication, they should check Global DRO and, select the country of purchase.

Checking Meds



- Check your medications - www.globaldro.com
- Record the reference number of each medication checked
- Ask for assistance if unsure or the results show "prohibited" in or out of competition