

## **USE OF MEDICATIONS**

During one's career, an athlete may have the need to take various medications. With or without a doctor prescription, it is the athlete's responsibility to check the medication before taking it, even if it something that has been used it in the past.

### ***How does one know if a medication contains a Prohibited Substance ?***

Before taking any medication, it is strongly recommended to consult your doctor. As it the athlete's responsibility, the athlete must inform the health care provider that they are a professional athlete subject to Anti-Doping Rules and the World Anti-doping Code before receiving any prescriptions or advice.

It is also a good idea to consult one's National Anti-doping Organisation's website, such as "[Global Drug Reference Online \(DRO\)](#)" or equivalent, as these resources can provide information to the athletes and their support personnel about the Anti-Doping status of specific medications and ingredients based on the current [WADA Prohibited List](#).

Please refer to the [FAQ section of DRO](#) to make sure that the search results have been understood correctly.

As the Prohibited List is comes into effect from the 1<sup>st</sup> of January of each year, athletes are strongly advised to check the status of any medication that they are taking once the list is announced in October so that they can make adjustments, if necessary.

### ***What should one do if the medication is on the Prohibited List?***

In the event that the medication appears on the Prohibited List, one must apply for a Therapeutic Use Exemption (TUE). For more information about TUEs and the process, please consult the [World Triathlon TUE Process](#). All of the relevant information about TUEs, including who needs to apply, and how to do so are in this document.

In the event an athlete needs to apply for a TUE, the World Triathlon TUE application form can be downloaded [here](#).

### ***What does an athlete need to know about travelling and medications?***

What should an athlete do if they are travelling abroad and they need to take medication? One should try to plan to have enough medication to last them their whole trip so that they do not have to fill a prescription in a foreign country. It is strongly advised to always carry a copy of the prescription when travelling.

Some countries have different customs laws that could prohibit the import of certain substances into their territories so one should always check whether the medication that you are carrying is permitted in the destination country.

***What should one do if they need to buy the medication abroad?***

There may be some situations where an athlete could be faced to buy their medication abroad and not in their home country. What should you do to avoid taking a Prohibited Substance by mistake?

As some ingredients in medication may contain different substances to those available in another country, one should accurately translate all active ingredients listed and search if they appear on the Prohibited List.

Please contact the team doctor or if not available, seek advice from another trusted health professional. Please note that often the same brand can be manufactured and packaged differently in various countries so do not assume that it will be the same as a medication that has been checked before. Be more cautious when purchasing and using medications that are not in your own language as a Prohibited Substance could be missed.