



Status of asthma medication in sport

Beta-2 agonists

All beta-2 agonists (e.g. Terbutaline & Procaterol), are **prohibited** at all times in sport and require permission for use. This permission is in the form of a Therapeutic Use Exemption (TUE) which can be applied for via a medical committee (in Australia this committee is called ASDMAC).

However, the following beta-2 agonists, when INHALED, **can be used up to the limits listed below WITHOUT a TUE. If use is required above these levels then they also require a TUE:**

- **Salbutamol:** Inhaled Salbutamol is permitted up to a maximum dose of 1600 mcg (16 puffs) per 24 hours, not to exceed 600mcg (6 puffs) in a 8 hour period
- **Salmeterol:** Inhaled Salmeterol is permitted up to a maximum dose of 200 micrograms (approx. 8 puffs when using Seretide MDI inhaler 250/25) over 24 hours
- **Formoterol:** Inhaled Formoterol is permitted up to a maximum delivered dose of 54 micrograms (12 puffs when using Rapihaler 200/6) over 24 hours (6mcg inhaled = 4.5mcg delivered). Not to exceed 36 micrograms (8 puffs when using Rapihaler 200/6) in a 12hour period starting from any dose.
- **Vilanterol:** Inhaled Vilanterol is permitted up to a maximum dose of 25 micrograms over 24 hours (1 puff when using Breo Ellipta 100/25 or 200/25).

Glucocorticoids

Inhaled and intranasal glucocorticoids, used in the management of asthma and hayfever, are permitted and a TUE is not required.

Systemic treatment (i.e. oral or intravenous) with glucocorticoids (e.g. prednisone) is prohibited in-competition* only and requires a TUE when used during or immediately prior to competition (i.e. within 3 days). An extended TUE for up to 12 months will be considered for chronic, unstable asthma, but further medical evidence regarding the severity and frequency of the asthma will be required.

*The definition of 'in-competition' does vary between sports and events but is generally considered to start at 11:59pm the night before the match/game and to end after any drug testing has been performed at the end of the competition.

Note 1: Use of Asthma medications with Diuretics or Masking Agents

If you are taking a diuretic or masking agent (for which a TUE is required) then the use of a threshold substance such as Salbutamol or Formoterol requires an additional TUE to the one granted for the diuretic or masking agent.

Note 2: The updated WADA Prohibited List comes into effect from 1 January each year.

Please ensure that you check the status of your medications.

ASTHMA Medication Quick Reference Guide – Common Medications

Substance	Status in Sport
INHALED Salbutamol (Ventolin, Asmol)	<p>TUE NOT Required - With specific conditions.</p> <p>Inhaled Salbutamol is permitted up to a maximum threshold of 1600 micrograms (16 puffs) over 24 hours, not to exceed 600 micrograms every 8 hours. This threshold is not valid in the presence of diuretics.</p> <p>If using a diuretic a TUE is required to use both the diuretic and salbutamol. If maximum threshold is exceeded a TUE is required.</p>
INHALED Formoterol (Symbicort)	<p>TUE NOT Required - With specific conditions.</p> <p>Inhaled Formoterol is permitted up to a maximum delivered dose of 54 micrograms (12 puffs when using Rapihaler 200/6) over 24 hours (6mcg inhaled = 4.5mcg delivered). Not to exceed 36 micrograms (8 puffs when using Rapihaler 200/6) in a 12hour period starting from any dose.</p> <p>This threshold is not valid in the presence of diuretics.</p> <p>If using a diuretic a TUE is required to use both the diuretic and formoterol. If maximum threshold is exceeded a TUE is required.</p>
INHALED Salmeterol (Seretide/Serevent)	<p>TUE NOT Required - With specific conditions.</p> <p>Inhaled Salmeterol is permitted up to a maximum threshold of 200 micrograms (approx. 8 puffs when using Seretide MDI inhaler 250/25) over 24 hours.</p> <p>This threshold is not valid in the presence of diuretics.</p> <p>If using a diuretic a TUE is required to use both the diuretic and salmeterol. If maximum threshold is exceeded a TUE is required.</p>
INHALED Terbutaline (Bricanyl)	<p>TUE Required – Prohibited both in and out of competition.</p> <p>See 'medical evidence needed for TUEs'</p>
INHALED Vilanterol (Breo)	<p>TUE NOT Required - With specific conditions.</p> <p>Inhaled Vilanterol is permitted up to a maximum dose of 25 micrograms over 24 hours (1 puff when using Breo Ellipta 100/25 or 200/25).</p> <p>This threshold is not valid in the presence of diuretics.</p> <p>If using a diuretic a TUE is required to use both the diuretic and vilanterol. If maximum threshold is exceeded a TUE is required.</p>
INHALED Budesonide (Symbicort, Pulmicort)	<p>TUE Not Required - Permitted in and out of competition.</p>
INHALED Ciclesonide (Alvesco)	<p>TUE Not Required - Permitted in and out of competition.</p>
INHALED Fluticasone (Flixotide, Seretide)	<p>TUE Not Required - Permitted in and out of competition.</p>
ORAL or INJECTED Salbutamol	<p>TUE Required – Prohibited both in and out of competition.</p> <p>See 'medical evidence needed for TUEs'.</p>
ORAL Formoterol	<p>TUE Required – Prohibited both in and out of competition.</p> <p>See 'medical evidence needed for TUEs'.</p>
ORAL Prednisolone/Prednisone	<p>TUE Required In-Competition Only - Permitted out-of competition.</p> <p>If taking Prednisolone/Prednisone out-of competition (not competing), allow 3 days once ceasing medication before competing.</p> <p>TUE required if taking oral Prednisolone in competition. See 'medical evidence needed for TUEs'.</p>