



ANTI-DOPING AGENCY OF MALAYSIA (ADAMAS)

“Win Clean, Pure Performance”

What you need to know

This guide contains examples of the most common prohibited and permitted medications and methods available in Malaysia.

As an athlete, it is your responsibility to check your medications and methods against the current Prohibited List before use. This guide does not present a comprehensive list however this can be viewed on our website.

If you get sick, injured or have an ongoing medical condition and the treatment you require is on the 2020 Prohibited List, you may need to apply for a TUE.

Some athletes need to apply for a TUE, and receive approval, BEFORE using a prohibited medication or method (unless it is a medical emergency).

To find out if you need TUE approval in advance, please visit our website or contact us.

Therapeutic Use Exemptions (TUE)

Athlete

- When seeing any medical professional, tell them you are an athlete and could be tested anytime
- You are 100% responsible for everything found in your system following a drug test
- BEFORE using any medication or method you need to check if it is permitted in sport
- if you become unwell while overseas, check your medication or method on our website
- If a medication or method you require is prohibited, you may need to apply for a TUE and obtain approval before use (unless it is a medical emergency).

#SAYNOTODOPING



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ANTI-DOPING MALAYSIA

COMMON MEDICATIONS

ASTHMA

- **If you use asthma inhalers and you are tested, be aware that maximum thresholds exist**, and overuse of some inhalers could return a positive drug test. Follow the directions on the prescription label of your inhaler and talk with your medical professional if you need to use your inhaler frequently

Permitted

- Glucocorticoids by inhalation (Beclazone, Flixotide, Pulmicort)
- Salbutamol by inhalation (e.g. Ventolin, Respigen) - maximum thresholds exist
- Salmeterol by inhalation (e.g. Serevent) - maximum thresholds exist
- Formoterol by inhalation (e.g. Oxis, Foradil,Symbicort) - maximum thresholds exist

Prohibited At All Times - TUE required

- Terbutaline (e.g. Bricanyl)
- Bambuterol (e.g. Bambec)
- Vilanterol (e.g. Breo Ellipta)



GLUCOCORTICOIDS

Permitted

- **Glucocorticoids administered nonsystemically (e.g. injections into the joint, inhaled and nasal sprays)**

Prohibited At All Times - TUE required

- Glucocorticoids administered systemically (e.g. oral Prednisone, intra-muscular Kenacort injections, intravenous fluids and rectal suppositories)

COLD / FLU / SORE THROAT

Permitted

- **Phenylephrine (e.g. Lemsip and Maxiclear products).**
- **Paracetamol (e.g. Panadol).**

Prohibited At All Times - TUE required

- Pseudoephedrine: stop using it at least 24 hours before competition and only ever take the recommended dose.
- Morphine based cough syrup (e.g. Gees Linctus).

ANTIBIOTICS

Permitted

- **All antibiotics available in Malaysia permitted in sport**

Prohibited At All Times - TUE required

- Probenecid is commonly prescribed with antibiotics

HEADACHES / PAIN / INFLAMMATION

Permitted

- Non Steroidal Anti-Inflammatories (NSAID)
- Ibuprofen (e.g. Brufen, Nurofen, Panafen)
- Diclofenac (e.g. Diclax, Voltaren, Cataflam)
- Pain tablets (e.g. Aspirin, Codeine, Tramal, Tramadol*, Paracetamol, Panadeine)

Prohibited At All Times - TUE required

- All medications that contain morphine (e.g. Sevredol, Oxynorm).
- Fentanyl (e.g. Durogesic, Rapifen)
- Pethidine
- Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)

HAYFEVER / SINUSITIS

Permitted

- **Antihistamines (e.g. Lortab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec)**
- Nasal sprays (e.g. Flixonase, Alanase, Beconase, Drixine, Otrivin)

Prohibited At All Times - TUE required

- Pseudoephedrine: stop taking it at least 24 hours before competition and only ever take the recommended dose
- Oral/Injected Glucocorticoids (e.g. Prednisone, Kenacort, Dexamethasone)

SKIN CONDITIONS

Permitted

- Topical Glucocorticoids (e.g. Beta cream/ ointment, DP lotion/cream, DermAid, Egocort,
- Hydrocortisone cream, Locoid, Skincalm)

Prohibited At All Times - TUE required

- Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)

NAUSEA / VOMITING

Permitted

- e.g. Antinaus, Buccastem, Maxolon, Nausicalm, Sea-Legs, Stemetil, Serecid, Gaviscon, Quick-eze, Gastrolyte, Mylanta

COMMON METHODS

Needles

- **It is important that you check if your** medication can be administered using a needle. In some situations, needles are permitted when administered into a joint however are prohibited when administered into a muscle.

CONTRACEPTION

Permitted

- All oral contraceptives available in New Zealand are permitted in sport



IV Fluids

- All prohibited substances administered by IV require a TUE. Permitted substances which require IV infusion may not exceed 100ml per 12 hours without a TUE, unless it's given while at hospital, during surgery or travelling in an ambulance. Infusions given in any other setting will require a TUE.