

## Respiratory and Asthma Medications

### Guidance on Respiratory and Asthma Medications (applicable from 01 January 2017)

The following guide lists common Respiratory and Asthma Medications and whether they are permitted or prohibited by the World Anti-Doping Agency (WADA). Brand Names are examples, if your brand is not listed, please check [www.eirpharm.com](http://www.eirpharm.com), MIMS Ireland or check with Sport Ireland.

#### Beta-2 agonists:

Active Substance	Sample Brand Names	Permitted/Prohibited
Inhaled salbutamol	Salamol CFC-Free Inhaler Salamol Easi- Breathe Inhaler Ventolin Diskus Inhaler Ventolin Evohaler Ventolin Nebules Combivent Nebules Ipramol Steri-neb	<b>Permitted at doses less than 1600 micrograms over 24 hours, not to exceed 800 micrograms every 12 hours.</b>  Doses greater than 1600 micrograms over 24 hours or more than 800 micrograms every 12 hours are <b>Prohibited.</b>  As salbutamol nebulers are available as either 2.5 mg or 5.0 mg Salbutamol per nebule, which exceeds these cut-off limits, salbutamol by nebuliser is in effect prohibited.
Salbutamol by routes other than inhaled	Ventolin Syrup Ventolin Injection Ventolin Tablets	<b>Prohibited</b>

Active Substance	Sample Brand Names	Permitted/Prohibited
Inhaled salmeterol	Seretide Evohaler/Diskus Inhaler  Serevent Evohaler/Diskus Inhaler	<b>Permitted at doses less than 200 micrograms over 24 hours.</b>  <b>Doses greater than 200 micrograms over 24 hours are Prohibited</b>
Inhaled formoterol	Symbicort Turbohaler Oxis Turbohaler Foradil Aerolizer Bufomix Easyhaler Duoresp Spiromax Flutiform Brimica Genuair (COPD)	<b>Permitted up to a maximum <u>delivered</u> dose of 54 micrograms over 24 hours;</b> <b>Delivered doses of greater than 54 micrograms over 24 hours are prohibited.</b>  Formoterol is declared in terms of the <u>delivered</u> dose
Inhaled indacaterol	Onbrez Breezhaler Ultibro Breezhaler	<b>Prohibited</b>
Inhaled olodaterol	Spiolto Respimat Striverdi Respimat	<b>Prohibited</b>
Inhaled vilanterol	Relvar Ellipta Anoro	<b>Prohibited</b>
Terbutaline by all routes including inhaled	Bricanyl Turbohaler  Bricanyl Injection  Bricanyl Tablets (unlicensed in Republic of Ireland)	<b>Prohibited</b>

**Formoterol Delivered Dose: The delivered dose is the amount that leaves the mouthpiece of the inhalation device.**

Symbicort Turbohaler	A Turbohaler device labelled as containing 6 micrograms of formoterol delivers 4.5 micrograms, a device labelled as containing 12 micrograms of formoterol delivers 9 micrograms.
Oxis Turbohaler	
Brimica Genuair (licenced for COPD only)	A Brimica Genuair labelled as containing 12 micrograms of formoterol delivers 11.8 micrograms of formoterol.
Bufomix Easyhaler	A Bufomix Easyhaler labelled as containing 4.5 micrograms of formoterol delivers 4.5 micrograms of formoterol. A Bufomix Easyhaler labelled as containing 9 micrograms of formoterol delivers 9 micrograms of formoterol.
Duoresp Spiromax	A Duoresp Spiromax labelled as containing 4.5 micrograms of formoterol delivers 4.5 micrograms of formoterol. A Duoresp Spiromax labelled as containing 9 micrograms of formoterol delivers 9 micrograms of formoterol.
Flutiform	A Flutiform inhaler labelled as containing 5 micrograms of formoterol delivers approximately 4.5 micrograms of formoterol. A Flutiform inhaler labelled as containing 10 micrograms of formoterol delivers approximately 9 micrograms of formoterol.

Warning: All beta-2 agonists including formoterol, salbutamol or salmeterol by any other administration route other than inhaled (see thresholds) are prohibited.

Of interest to prescribers is the WADA Document - [Medical Information to Support the Decisions of TUECs - Asthma, Version 5.1, August 2015](#).

## Emergency Treatment

Whenever a dosage of more than the threshold allowances outlined above are either prescribed, or used in an emergency situation to treat an asthma exacerbation, Sport Ireland should be contacted immediately for advice on either applying for a retroactive TUE immediately (for athletes on the Registered Testing Pool or participating in some international competitions), or for advice on what records of the emergency treatment need to be included in an athletes Medical File.

Remember: The Certificate of Approval for a TUE Application is only valid for the substance(s) listed in your Certificate at the dose stated and should your treatment,

dosage or situation change, you must contact the TUE Secretariat of Sport Ireland immediately as you may need to reapply for a new TUE for the change of treatment or change of dosage.

Therefore, in an emergency situation for asthma where you use a higher dosage of your medication than what is listed on your certificate, you must contact Sport Ireland immediately for further advice.

### **Other Respiratory medicines (mixed classes):**

<b>Active Substance</b>	<b>Sample Brand Names</b>	<b>Permitted/Prohibited</b>
Theophylline	Uniphyllin Continus Prolonged-Release Tablets	<b>Permitted</b>
Aminophylline	Phyllocontin Continus Prolonged-Release Tablets	<b>Permitted</b>
Sodium cromoglycate	Hay-Crom Aqueous Eye Drops Opticrom Allergy Eye Drops Vividrin Antiallergic Eye Drops	<b>Permitted</b>
Tiotropium bromide	Spiriva Inhaler Spiriva Respimat Inhaler	<b>Permitted</b>
Montelukast	Singulair Tablets	<b>Permitted</b>

### Inhaled Glucocorticosteroids:

Active Substance	Sample Brand Names	Permitted/Prohibited
Inhaled beclomethasone	Beclazone CFC-Free Inhaler Beclazone Easi-Breathe Inhaler Becotide Evohaler	Permitted
Inhaled fluticasone	Flixotide Evohaler/Diskus Inhaler	Permitted
Inhaled budesonide	Pulmicort Turbohaler Pulmicort Respules	Permitted
Inhaled mometasone	Asmanex Twisthaler	Permitted
Inhaled ciclesonide	Alvesco Inhaler	Permitted

### Intramuscular Glucocorticosteroids:

Active Substance	Sample Brand Name	Permitted/Prohibited
Methylprednisolone acetate	Depo-Medrone Suspension for Injection	<b>Prohibited In-Competition Only</b>  SEE MEDICAL ADVISORY NOTE RE STRICT REGULATIONS ON MEDICAL FILE FOR METHYLPREDNISOLONE -

If in doubt, contact Sport Ireland

Remember athletes selected for doping control must remember to declare the use of all prescribed and over-the-counter medications and supplements taken in the last 14 days on the doping control form.

Last updated 4 January 2017, check out individual Summary of Product Characteristics for further information.