



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 800mcg (8 puffs) in a 12 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 dose of 54 micrograms (approx. 9 puffs when using Rapihaler 200/6) over 24 hours
- **Vilanterol:** Inhaled Vilanterol is permitted up to a maximum dose of 25 micrograms over 24 hours (approx. 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 5-7 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 12 hours before the match/game and to end after any drug testing has been performed at the end of the competition.

ASTHMA Medication Quick Reference Guide – Common Medications

Substance	Status in Sport
INHALED Salbutamol (Ventolin, Asmol)	TUE NOT Required - With specific conditions. Inhaled Salbutamol is permitted up to a maximum threshold of 1600 micrograms (16 puffs) over 24 hours, not to exceed 800 micrograms every 12 hours. This threshold is not valid in the presence of diuretics. If using a diuretic a TUE is required to use both the diuretic and salbutamol. If maximum threshold is exceeded a TUE is required.
INHALED Formoterol (Symbicort)	TUE NOT Required - With specific conditions. Inhaled Formoterol is permitted up to a maximum threshold of 54 micrograms (approx. 9 puffs when using Rapihaler 200/6) over 24 hours. This threshold is not valid in the presence of diuretics. If using a diuretic a TUE is required to use both the diuretic and formoterol. If maximum threshold is exceeded a TUE is required.
INHALED Salmeterol (Seretide/Serevent)	TUE NOT Required - With specific conditions. 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. This threshold is not valid in the presence of diuretics. If using a diuretic a TUE is required to use both the diuretic and salmeterol. If maximum threshold is exceeded a TUE is required.
INHALED Terbutaline (Bricanyl)	TUE Required – Prohibited both in and out of competition. See ‘medical evidence needed for TUEs’
INHALED Vilanterol (Breo)	TUE NOT Required - With specific conditions. – Inhaled Vilanterol is permitted up to a maximum dose of 25 micrograms over 24 hours (approx. 1 puff when using Breo Ellipta 100/25 or 200/25). This threshold is not valid in the presence of diuretics. If using a diuretic a TUE is required to use both the diuretic and salmeterol. If maximum threshold is exceeded a TUE is required.
INHALED Budesonide (Symbicort, Pulmicort)	TUE Not Required - Permitted in and out of competition.
INHALED Ciclesonide (Alvesco)	TUE Not Required - Permitted in and out of competition.
INHALED Fluticasone (Flixotide, Seretide)	TUE Not Required - Permitted in and out of competition.
ORAL or INJECTED Salbutamol	TUE Required – Prohibited both in and out of competition. See ‘medical evidence needed for TUEs’.
ORAL Formoterol	TUE Required – Prohibited both in and out of competition. See ‘medical evidence needed for TUEs’.
ORAL Prednisolone/Prednisone	TUE Required In-Competition Only - Permitted out-of competition. If taking Prednisolone/Prednisone out-of competition (not competing), allow 5-7 days once ceasing medication before competing. TUE required if taking oral Prednisolone in competition See ‘medical evidence needed for TUEs’.

Note1: 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.

Note2: The updated WADA Prohibited List comes into effect from 1 January each year. Please ensure that you check the status of your medications.