



# TRAMADOL

## Important change coming on 1 January 2024

### What is changing?

From 1 January 2024, Tramadol will be banned during the in-competition period.

### What is Tramadol?

Tramadol is a pain killer that is used to relieve and treat moderate to severe pain.

It is a prescription-only medicine and should always be used under the supervision of a medical professional.

It is often sold under various brand names including Tramal, Tramedo and Zydol.

### Why is Tramadol banned?

As a strong painkiller, Tramadol can cause side effects such as physical dependence, addiction, and overdose, posing a health risk to athletes while also violating the spirit of sport.

### What is the in-competition period?

The in-competition period begins at 11:59pm the day before your event or game starts, and concludes at the end of the doping control process for that event or game (e.g. when the last sample is provided and the Doping Control Station is closed).

**Remember:** Substances banned only in-competition that are used during out-of-competition period can be a risk for athletes. If athletes are tested in-competition they may return a positive test even if the substance was used out-of-competition.

### What do athletes need to do?



Strict liability: Be aware of and understand the risks of inadvertent doping related to Tramadol usage.



Speak with your medical professional and coach to ensure they are aware of the change in status for Tramadol.



Ask your medical professional if an alternative medication is possible.



Know when the in-competition period starts and ends.



Prepare and complete a medical file and apply for a Therapeutic Use Exemption (TUE) if no alternative medication is available.

Learn more about the anti-doping rules and how they apply to you by completing Sport Integrity Australia eLearning.



Download the Sport Integrity app for more information on TUEs, and use the Medication and Supplement Checker.



### For More Information

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