

ASTHMA MEDICATIONS

Inhalers

This document provides information to outline the current status of asthma medication in the United Kingdom in line with the World Anti Doping Agency (WADA) Prohibited List. It provides some listed brand name examples and explains when a [Therapeutic Use Exemption \(TUE\)](#) is required. Please check the status of your specific inhaler on Global DRO (www.globaldro.com) and if in doubt contact UK Anti-Doping (0800 032 2332).

Active ingredient (s)	Brand names	WADA Prohibited status	Status Explained
Prohibited substance - Beta-2 agonists			
Salbutamol	Airomir Asmasal Clickhaler Salbulin Novolizer Pulvinal Salbutamol Salamol CFC-free inhaler Salamol Easi-Breathe Salbulin Ventolin	Threshold substance – maximum 1600 micrograms over 24 hours	1 puff usually equates to 100 micrograms (check you have a 100 microgram inhaler) so the threshold stated by WADA is the equivalent of 16 puffs in 24 hours. A TUE* will only be required if using more than 16 puffs or for use of an emergency nebuliser (consult UKAD prior to applying for a TUE in this situation)
Terbutaline	Bricanyl	Prohibited	Use of this inhaler is prohibited and its use requires a TUE. Please consult your doctor about possible alternative medication or apply for a TUE* providing justification for use over other inhalers.
Salmeterol	Serevent	Not prohibited	Use in accordance with the manufacturer's guidelines is fully permitted. No TUE required.
Formoterol	Atimos Modulite Foradil Oxis	Threshold substance – maximum 54 micrograms over 24 hours	This depends on the inhaler you have (information provided with the inhaler): 6 microgram inhaler – maximum of 9

			<p>puffs a day</p> <p>12 microgram inhaler –maximum of 4 puffs a day</p> <p>A TUE* will only be required if using more than 4/9 puffs per day (depending on inhaler)</p>
Indacaterol	Onbrez Breezhaler	Prohibited	Use of this inhaler is prohibited and its use requires a TUE. Please consult your doctor about possible alternative medication or apply for a TUE* providing justification for use over other inhalers.
Prohibited substance - Glucocorticosteroids**			
Beclometasone	<p>Asmabec</p> <p>Beclazone</p> <p>Becodisks</p> <p>Clenil Modulite</p> <p>Pulvinal Beclometasone</p> <p>Qvar</p> <p>Becotide</p>	Not prohibited via inhalation**	Use in accordance with the manufacturer's guidelines is fully permitted. No TUE required.
Fluticasone	Flixotide	Not prohibited via inhalation**	Use in accordance with the manufacturer's guidelines is fully permitted. No TUE required.
Budesonide	<p>Budelin Novolizer</p> <p>Easyhaler Budesonide</p> <p>Pulmicort</p>	Not prohibited via inhalation**	Use in accordance with the manufacturer's guidelines is fully permitted. No TUE required.
Ciclesonde	Alvesco	Not prohibited via inhalation**	Use in accordance with the manufacturer's guidelines is fully permitted. No TUE required.
Mometasone	Asmanex Twisthaler	Not prohibited via inhalation**	Use in accordance with the manufacturer's guidelines is fully permitted. No TUE required.

Combination inhalers (contain prohibited substances Beta - 2 agonists and glucocorticosteroids**)			
Salmeterol and fluticasone	Seretide	Salmeterol – Not prohibited, Fluticasone – not prohibited via inhalation**	Use in accordance with the manufacturer's guidelines is fully permitted. No TUE required.
Formoterol and budesonide	Symbicort	Formoterol – threshold substance (maximum 54mg over 24 hours), budesonide – not prohibited via inhalation**	This depends on the inhaler you have (information provided with the inhaler): 100/6 or 200/6 inhalers – maximum of 9 puffs a day 400/12 inhaler – maximum of 4 puffs a day A TUE* will only be required if using more than 4/9 puffs per day (depending on inhaler)
Beclometasone and formoterol	Fostair	Beclometasone – not prohibited, formoterol – threshold substance (maximum 54mg over 24 hours)	A TUE* will only be required if using more than 9 puffs per day

* There are sport specific requirements for an athlete applying for a TUE depending on the competition level. You can check whether you are eligible for a TUE in your sport on our website (<http://www.ukad.org.uk/support-personnel/tues/>). If you are not eligible for a TUE and you do get tested, you can apply for a retroactive TUE within 10 days of the test.

** Glucocorticosteroids are prohibited when administered orally, rectally, intravenously and intramuscularly but via inhalation, nasal routes, local injections and topically are not prohibited. All of the brands listed in the table are inhalers and therefore are not prohibited.