WORLD ANTI-DOPING AGENCY
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September 30, 2009

Additional information in regards to the reintroduction of pseudoephedrine to the 2010 *Prohibited List*

The *WADA* List Committee has reintroduced pseudoephedrine (PSE) to the 2010 *Prohibited List* as a specified stimulant prohibited *In-Competition* at a urinary threshold of 150µg/mL. This decision was based on the results of controlled excretion studies as well as scientific literature [1-5].

Given the wide availability of PSE-containing medicines, *WADA* recommends that the reintroduction of PSE be supported by an active information/education campaign by all stakeholders.

In this regard, *WADA* recommends that the following information be communicated, as soon as possible, to *Athletes* and their support personnel:

- The established threshold levels may be reached (rarely, but possibly) by some individuals within 6-20 hours of intake of some long-lasting therapeutic formulations.

- **Advise athletes to stop taking PSE pills at least 24 hours before competition.** For therapeutic applications during the *In-Competition* period, consider the use of alternative permitted medications upon previous consultation with a physician, or apply for a Therapeutic Use Exemption (TUE) for the use of PSE for therapeutic purpose(s).

- The threshold level has been established based on the intake of therapeutic doses of PSE, defined as a maximum daily dose of 240mg PSE taken either as:

  i) four (4) daily administrations (one every 4-6 hours) of a 60mg pill (or 2 x 30mg pills), or
  ii) two (2) daily administrations (one every 12 hours) of a 120mg pill, or
  iii) one (1) daily administration of a 240mg pill.

- In line with this dosing regimen, the intake, for example, of a single daily dose of 3 x 60mg pills constitutes a supratherapeutic administration that may lead to an *Adverse Analytical Finding.*

References

1- Gill N.D. et al (1999). Br J Clin Pharmacol 50, 205-213.
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3- Hodges K. et al. (2006). Med & Science Sports & Exercise, 329-333
4- Strano-Rossi S et al. (2209). Ther Drug Monit 31: 520-526.
5- Deventer K. Et al. (2009). Drug Test Analysis 1, 209-213.