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

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.