When seeing a physician, always tell them that you are included within the scope of doping control. Always also check yourself that your medication is permitted in sport. If you fall ill when abroad, check your medication either from the World Anti-Doping Agency (WADA) Prohibited list or from the website of the anti-doping organisation of the country you are in. Apply for a Therapeutic Use Exemption if you require a prohibited substance or method for the treatment of your disease. Before an international competition, always check whether the organisers of the competition accept your Therapeutic Use Exemption. Whenever necessary, contact FINCIS if you cannot find information from the aforementioned sources. Remember that you are always responsible for what is found in your body, even when your use of substances or methods prohibited in sports has not been intentional.

Prohibited Substances and Methods in Sports 2019

Clean Win is an online training course that can help athletes and those who support them learn about and review matters related to anti-doping. The content of the training is based on the Anti-Doping Code. The training can be performed easily at puhtaastiparas.fi whenever suits you best. You get a diploma for completing the training. You can share a picture of the diploma on social media channels, for instance. Sharing a picture of the diploma is a strong statement for clean sports!

KAMU mobile app

The KAMU mobile app is available for Android and iOS. The search is based on the lists of the Pharmaceutical Information Centre, and it includes only prescription medication and over-the-counter medicines available in Finland. The KAMU Prohibited List is regularly updated for new medicinal products entering the market. If you cannot find the medicinal product you were looking for, please contact FINCIS. In Finland and other countries, medication may be available with the same name but containing different pharmacological substances. For this reason, the possibility of medicine obtained abroad should not be checked from the KAMU medicine search. The KAMU mobile app also includes links to other country’s medicine searches. The athlete is always responsible for what is found in their body in any doping tests.

REPORT SUSPECTED SPORTS VIOLATIONS

Everyone has the right to report if they suspect doping, manipulation of sports competitions or spectator safety violations. You can report the suspicious activities of an athlete or another actor in the ILMO service, anonymously or with your name. The content of the report is processed confidentially. All information received is analysed for the need for possible further actions. Interfering with violations helps protect sports and ensure that all athletes’ starting points are equal and safe.
This is a quick guide to the most common pharmacological substance groups. It also contains examples of the most common prohibited and permitted medications sold in pharmacies in Finland—it is not a comprehensive list. It is the athlete’s responsibility to always check the permissibility of medications and methods against an up-to-date list. The most up-to-date information can be found on the FINCIS website suek.fi.

**PERMITTED**

- *Glucocorticoids* injected locally, for example, intra-articularly.
- *Antihistamines* (e.g., Aerius, Histec, Nasacort, Nasonex).
- *Paracetamol* (e.g., Pamol, Panadol).
- *Antibiotics* sold in pharmacies in Finland are permitted.
- *Cough medicines containing paracetamol* (e.g., Loratadin, Xyzal, Zyrtec).
- *Oral, nasal, or topical glucocorticoids* (e.g., Medrol*, Prednison*, Prednisolon*).
- *Glucocorticoids as intra-articular injection* (e.g., Buprenorphine*, Fentanyl*).
- *Pseudoephedrine* (e.g., Aerinaze*, Duact*).
- *Salmeterol* as inhalation** (e.g., Seretide**, Serevent**).
- *Salbutamol* as inhalation** (e.g., Ventolin**).
- *Fenoterol* (e.g., Atrovent comp*).
- *Terbutalin* (e.g., Bronkodil*, Relvar**).
- *Glucocorticoids as tablets* and *paracetamol* (e.g., Pamol, Panadol).
- *Glucocorticoids as capsules/*paracetamol* (e.g., Entocort*, Medrol*).
- *Glucocorticoids* injected intramuscularly or intravenously (e.g., Medrol*, Prednison*, Prednisolon*).
- *Glucocorticoids as inhalation** (e.g., Alvesco, Beclomet, Flixotide, Pulmicort**).
- *Fenoterol as inhalation** (e.g., Bufomix**, Flutiform**).
- *Formoterol**, Innovair**, Oxis**).
- *Symbicort**).
- *Orudis*).
- *Ibuprofen* (e.g., Burana, Ibumetin, Dual, Voltaren).
- *Diclofenac* (e.g., Diclomex, Motifene).
- *Naproxen* (e.g., Naprometin, Panacod, Paracetamol, Paracetamol/Codein).
- *Ibuprofen* (e.g., Veterin, Ventadren, Zaditen).
- *Buprenorphine* (e.g., Buprenorphine*, Fentanyl*).
- *Dilating drops* (e.g., Lomudal, Oftan CC).
- *Ketoprofen* (e.g., Ketomex, Ketorin, Ibusal, Ibuxin).
- *Tramadol* (e.g., Tramadol, Tramal).
- *Indomethacin* (e.g., Indotab, Indocid*).
- *Paracetamol* (e.g., Pamol, Panadol).
- *Preferred dose.*

**CONTRAINDICATED**

- *Paracetamol* (e.g., Pamol, Panadol).
- *Salicylates* (e.g., Salol, Coxal, Ditranol).