



KAMU



Prohibited Substances and Methods in Sports 2019

KAMU - a clean athlete's best friend

Finnish Center for Integrity in Sports FINCIS

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ATHLETE

- 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.

KAMU MOBILE APP

The KAMU (Kielletyt Aineet ja Menetelmät Urheilussa, Prohibited Substances and Methods in Sports) 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 permissibility of medicine obtained abroad should not be checked from the KAMU medicine search. The KAMU mobile app also includes links to other countries' medicine searches. The athlete is always responsible for what is found in their body in any doping tests.



CLEAN WIN ONLINE TRAINING

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!



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 ILMOD 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.



Always check the permissibility of the preparations you use against the current list of prohibited substances and methods:

- Medications sold in Finland and telephone advisory: suek.fi and (09) 3481 2020
- WADA's List of Prohibited Substances and Methods in Sports: wada-ama.org

It is the athlete's responsibility to check the permissibility of the preparations they use against an up-to-date list.

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.

ASTHMA MEDICATION

PERMITTED

Salbutamol as inhalation** (e.g. Airomir**, Buventol**, Ventoline**)
Salmeterol as inhalation** (e.g. Seretide**, Serevent**)
Formoterol as inhalation** (e.g. Bufomix**, Flutiform**, Formoterol**, Innovair**, Oxis**, Symbicort**)
Glucocorticoids as inhalation (e.g. Alvesco, Beclomet, Flixotide, Pulmicort)

ALWAYS PROHIBITED INCL.*

Fenoterol* (e.g. Atrovent comp*)
Terbutalin* (e.g. Bricanyl*)
Vilanterol* (e.g. Relvar*)

* If no permissible alternative can be found and you must use a medication containing a prohibited substance, you must apply for a Therapeutic Use Exemption.

** Check the maximum permissible daily dose from the FINCIS website.

GLUCOCORTICOIDS

PERMITTED

Glucocorticoids injected locally, for example intra-articularly
Glucocorticoids as inhalation (e.g. Alvesco, Beclomet, Flixotide, Pulmicort)
Glucocorticoids locally administered, e.g., eye drops, ear drops, nasal sprays, skin creams

PROHIBITED IN COMPETITIONS*

Glucocorticoids injected intramuscularly or intravenously*
Glucocorticoids as capsules/tablets* (e.g. Entocort*, Medrol*, Prednisolon*, Prednison*)
Glucocorticoids as suppositories* and enemas*

FLU MEDICATION

PERMITTED

Non-steroidal anti-inflammatory drugs and paracetamol (e.g. Burana, Ibuxin, Ketorin, Panadol, Paracetamol)
Nasal sprays relieving nasal congestion (e.g. Nasolin, Otrivin)

PROHIBITED IN COMPETITIONS*

Pseudoephedrine* (e.g., Duact*, Aerinaze*, Cirrus*): intake must be stopped at least 24 hours before the next competition. Only take the recommended dose.
Cough medicines containing ephedrine* (e.g., Codesan comp.*, Sir. Ephedrin*)

PAINKILLERS

PERMITTED

Diclofenac (e.g., Diclomex, Motifene Dual, Voltaren)
Ibuprofen (e.g., Burana, Ibumetin, Ibusal, Ibuxin)
Ketoprofen (e.g., Ketomex, Ketorin, Orudis)
Codeine + Paracetamol (e.g., Panacod, Paracetamol/Codein)
Naproxen (e.g., Naprometin, Naproxen, Pronaxen, Vimovo)
Paracetamol (e.g., Pamol, Panadol, Paracetamol, Para-Tabs)
Tramadol (e.g., Tramadol, Tramal)

PROHIBITED IN COMPETITIONS*

Narcotics, incl.
Buprenorphine* (e.g., Buprenorphine*, Norspan*, Temgesic*)
Fentanyl* (e.g., Fentanyl*, Matrifen*)
Oxycodone* (e.g., Oxycodone*, Oxynorm*, Targiniq*)

ANTIBIOTICS

PERMITTED

All antibiotics sold in Finland are permitted.

ALLERGY MEDICATION

PERMITTED

Glucocorticoid nasal sprays (e.g., Avamys, Dymista, Flixonase, Nasacort, Nasonex)
Antihistamines (e.g., Aerius, Histec, Loratadin, Xyzal, Zyrtec)
Eye drops (Lecrolyn, Livostin, Lomudal, Oftan CC, Zaditen)

PROHIBITED IN COMPETITIONS*

Pseudoephedrine* (e.g., Aerinaze*, Cirrus*, Duact*): intake must be stopped at least 24 hours before the next competition. Only take the recommended dose.
Adrenaline injected* (e.g., Adrenalin*, Epipen*, Jext*)
Glucocorticoids as tablets* (e.g., Medrol*, Prednison*, Prednisolon*), injected intramuscularly or intravenously

CONTRACEPTIVES

PERMITTED

All contraceptives sold in Finland are permitted.

* If no permissible alternative can be found and you must use a medication containing a prohibited substance, you must apply for a Therapeutic Use Exemption.

** Check the maximum permissible daily dose from the FINCIS website.

ATHLETE'S THERAPEUTIC USE EXEMPTION

On application, an athlete may be granted a Therapeutic Use Exemption (TUE) for a prohibited substance and/or method, if WADA's criteria for a Therapeutic Use Exemption are met. A TUE is applied for with a Therapeutic Use Exemption Application Form, with the medical records and the results of medical examinations that confirm the diagnosis as appendices. International-level athletes and athletes participating in international sports events should contact their national sports federation in advance for the therapeutic use exemption procedures. Detailed and up-to-date instructions concerning TUE as well as the TUE search engine ERKKA can be found on the FINCIS website at suek.fi.



NUTRITIONAL SUPPLEMENTS

Nutritional supplements are food products intended to supplement the normal diet of a healthy person. Their composition is rarely fully known, and they may contain substances prohibited in sports. FINCIS does not maintain a list of nutritional supplements categorising them as prohibited or permitted.

- Avoid nutritional supplements obtained from suspicious sources and via the Internet.
- Remember that you are always personally responsible for an adverse analytical finding.