

QUICK REFERENCE CARD

Some medications (prescribed or not) contain prohibited substances. It's *your* responsibility to check the status of all medications: check *each* ingredient to ensure it is not prohibited.

Global Drug Information Database
www.didglobal.com



Substance Classification Booklet
www.cces.ca/pdfs/CCES-PUB-SubstanceClassification-E.pdf

Email the CCES
substanceinquiries@cces.ca

Call the CCES Info Line
1-800-672-7775
(in North America)

Doping Control Procedures Video
www.cces.ca/movie/CCES-VID-DopingControlProcedures-E.wmv

YOUR RIGHTS...

You have the right to:

- Have a representative and, if available, an interpreter
- Ask for additional information about the sample collection process
- Request a delay in reporting to the doping control station for valid reasons (e.g., medal ceremony, media commitment, further competitions, warm down) – you will be continuously chaperoned at all times during the delay
- Comment on the sample collection process or report any perceived procedural irregularities.
- Request modifications, if required, should you be an athlete with a disability

... AND RESPONSIBILITIES

You have the responsibility to:

- Remain within sight of the notifying chaperone at all times
- Provide valid identification
- Comply with the sample collection procedures
- Report to the doping control station within 60 minutes of being notified
- Maintain possession of your sample until it is sealed
- Ensure all information on the doping control form is accurate and complete
- Bring to the attention of the doping control officer any modifications required if you are an athlete with a disability (e.g., eliminating existing urine from urine collection or drainage systems before providing your urine sample)

WHAT CAN YOU TAKE?

Examples of Canadian brand name medications that are **not** prohibited:

Acne

Accutane
Benzoyl Peroxide
Erythromycin
Differin
Minocycline

Cough and Cold

Benlyn
Dayquil
Dimetapp
Halls Lozenges
Robitussin

Allergies

Allegra
Aerius
Benadryl
Claritin
Reactine

Nasal Congestion

Dristan Nasal Spray
or Caplets
Drixoral Spray or Tabs
Otrivin Nasal Spray
Sudafed
Decongestant

Bacterial Infections

Amoxil
Ciprofloxacin
Erythromycin
Penicillin
Tetracycline
Zithromax

Nausea

Bonamine
Dimenhydrinate
Gravol

Stomach Pain

Imodium
Kaopectate
Loperamide
Maalox
Pepto-Bismol

Inflammation and Pain

Advil
Mobicox
Motrin
Tylenol
Voltaren

Muscle Aches and Strains

Baclofen
Robaxacet
Robaxin

This list is not a recommendation nor an endorsement of these medications. It is based on the current version of the WADA Prohibited List, which is subject to change at any time.

REMEMBER!

Under the rule of strict liability, you are entirely responsible for what you consume and for what is found in your urine or blood sample.

Marijuana is a prohibited substance, and can remain in your body for a month or more!

Beware of medications with similar names (e.g., Midol Extra Strength Menstrual is permitted while Midol Extra Strength -PMS is prohibited).

Vitamins, herbal products and nutritional supplements may contain prohibited substances. Use these products at your own risk and *never* without advice from a qualified practitioner.

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