

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 (extended release), or
 - iii) one (1) daily administration of a 240mg pill (extended release).
- In line with this dosing regimen, the intake, for example, of a single daily dose of 3 x 60mg pills constitutes a suprathreshold administration that may lead to an *Adverse Analytical Finding*.

References

- 1- Gill N.D. et al (1999). *Br J Clin Pharmacol* 50, 205-213.
- 2- Chester N. et al. (2003). *Br J Clin Pharmacol* 57 :1, 62-67
- 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.