

Tramadol

Guide for medical professionals

Tramadol will be added to the Prohibited List from 1 January 2024. It will be prohibited during the in-competition period.

Tramadol has been on the WADA monitoring list for 10 years. Monitoring shows that tramadol use is prevalent in certain sports, including cycling, rugby and football.

As of 1 January 2024, athletes may not use tramadol during the in-competition period unless they have an approved Therapeutic Use Exemption (TUE).

Additionally, using tramadol within 24 hours of the in-competition period puts an athlete at risk of a positive in-competition test.

In-competition period

The in-competition period generally runs from 11.59pm the day before the competition until the end of the competition and sample collection processes.

This may be different for certain competitions and International Federations (IFs), so it's important that athlete's check competition and IF rules.

24-hour washout period

WADA advises that tramadol use within 24 hours of the in-competition period may return a positive test result.

Tramadol treatment in-competition

If an athlete under your care requires tramadol treatment during the in-competition period, they may need an approved TUE before using the medication.

TUEs for tramadol

An athlete may need a TUE for tramadol if:

- Their treatment requires tramadol use in-competition (in-advance TUE);
- They used tramadol out-of-competition but test positive in-competition (retroactive TUE).

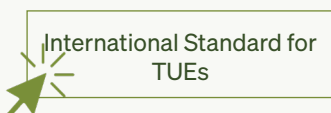
To support any TUE application, athletes will need clear and comprehensive medical notes showing:

- a diagnosed medical condition supported by relevant clinical notes;
- that tramadol use will not produce any additional enhancement of performance beyond what might be anticipated by a return to the athlete's normal state of health; and,
- why tramadol was used over other not prohibited painkillers; or,
- previous attempts to control the diagnosis with other not prohibited painkillers.



TUE criteria

TUE applications must meet the criteria in the International Standard for TUEs in order to be granted. Medical professionals should review the documents below and consider whether a TUE can be granted. If a TUE is not approved, the athlete may face an Anti-Doping Rule Violation.



International Standard for TUEs

Guidelines for International Standard for TUEs

TUE Physician Guidelines on Pain Management

Checklist for TUE Application – Pain Management