

2025

Anti-doping wallet guide



our work ā mātou mahi



At the Sport Integrity Commission Te Kahu Rauunui, it's our role to make sport and recreation in Aotearoa New Zealand cleaner, safer and fairer.

We:

- advocate for and promote safe, fair and inclusive environments and competitions
- set and administer standards and rules, including the Sports Anti-Doping Rules and Integrity Code
- provide an impartial complaints and dispute resolution service
- investigate and report on integrity failures

Learn about our role

sportintegrity.nz

supplements kai āpiti



Supplements are a risk to clean athletes. That includes products like protein powders, natural remedies and off-the-shelf vitamins.

Athletes can and do test positive as a result of contaminated supplements.

If you're considering using a supplement, make sure you understand the risks. Our Supplement Decision Making Guide can help.

Navigate supplements

sportintegrity.nz/supplements

education mātauranga



Athletes, coaches, medical professionals, support staff and whānau all play a vital role in creating a culture of clean sport.

Discover your role in keeping sport clean, from athlete rights and responsibilities to clean sport values and navigating the risks of supplements.

Start your clean sport journey

sportintegrity.nz/education

speak out he kōrero pono



As an athlete, it's your responsibility to speak out if you see or suspect doping.

Speak Out allows you to share doping concerns in confidence. You don't need the full story, even small pieces of info can help. If you have suspicions, get in touch - even if you think it's minor.

[0800 378 437](tel:0800378437)

intel@sportintegrity.nz

Speak Out using our anonymous web form

sportintegrity.nz/speakout

testing te whakamātau



Any athlete can be tested at any time. You can be tested in-competition or out-of-competition. Testing can take place at your home, during a training session or somewhere else entirely. When we test you, your test will be carried out by a trained and accredited Commission official.

Read about the testing process so that you're informed and prepared when it's your turn.

Understand testing

sportintegrity.nz/testing

TUEs

therapeutic use
exemptions

kapenga kāinga rongōā



If you get sick, injured or have an ongoing medical condition and the treatment you require is prohibited, you may need to apply for a TUE.

Some athletes need an approved TUE before using a prohibited medication or method (unless it is a medical emergency).

Find out if you need TUE approval in advance

sportintegrity.nz/tue

tue@sportintegrity.nz

banned medications

ngā rongoā aukati



Some common medications and methods are banned in sport. This guide lists some of the most common ones in Aotearoa New Zealand.

As an athlete, it's your responsibility to check the status of every medication and method before you use it.

It's a good idea to re-check your medications each year to keep up with Prohibited List changes.

Check a medication

sportintegrity.nz/meds

common medications

> asthma

Maximum thresholds exist for asthma inhalers. Overuse could return a positive drug test. Follow the directions on your inhaler prescription label and talk with your medical professional if you need to use your inhaler frequently.

Permitted

Glucocorticoids by inhalation (e.g. Beclazone, Flixotide, Pulmicort)

⚠ Salbutamol by inhalation (e.g. Ventolin, Respigen) - maximum thresholds exist

⚠ Salmeterol by inhalation (e.g. Serevent) - maximum thresholds exist

⚠ Formoterol by inhalation (e.g. Oxis, Foradil, Symbicort) - maximum thresholds exist

⚠ Vilanterol by inhalation (e.g. Breo Ellipta) - maximum thresholds exist

Prohibited at all times - TUE required

Terbutaline (e.g. Bricanyl)

Bambuterol (e.g. Bambec)

> glucocorticoids

Permitted

Glucocorticoids administered locally

Glucocorticoid wash-out periods Injections administered out-of-competition may be present in your sample because of the wash out period. Details at sportintegrity.nz/commonmeds

Prohibited in-competition - TUE required

Glucocorticoids administered by injection, orally, or via rectal suppositories (including IV fluids)

> cold / flu / sore throat

Permitted

Phenylephrine (e.g. Lemsip and Maxiclear products)

Paracetamol (e.g. Panadol)

Prohibited in-competition - TUE required

Pseudoephedrine*

> antibiotics

Permitted

All antibiotics available in New Zealand are permitted in sport

Prohibited at all times - TUE required

Probenecid is commonly prescribed with antibiotics

> headaches / pain / inflammation

Permitted

Non Steroidal Anti-Inflammatories (NSAID)

Aspirin (e.g. Aspec, Aspro, Disprin)

Codeine (e.g. Panadeine, Mersyndol)

Ibuprofen (e.g. Brufen, Nurofen, Panafen)

Paracetamol (e.g. Panadol, Pamol)

Diclofenac (e.g. Diclax, Voltaren, Cataflam)

Prohibited in-competition - TUE required

Tramadol* (e.g. Tramal, Hydrochloride)

Medications containing morphine (e.g. Sevredol)

Fentanyl (e.g. Durogesic, Rapifen)

Pethidine

Oral/injected/via rectal suppositories glucocorticoids* (e.g. Prednisone, Medrol)

> hayfever / sinusitis

Permitted

Antihistamines (e.g. Lora-tabs, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zyrtec)

Prohibited in-competition - TUE required

Oral/injected/via rectal suppositories glucocorticoids* (e.g. Prednisone, Kenacort, Dexamethasone)

Pseudoephedrine*

> skin conditions

Permitted

Topical glucocorticoids (e.g. Beta cream/ointment, DP lotion/cream, DermAid, Hydrocortisone cream, Locoid)

Prohibited in-competition - TUE required

Oral/injected/via rectal suppositories glucocorticoids* (e.g. Prednisone, Medrol)

> nausea / vomiting

Permitted

e.g. Buccastem, Nausafix, Nausicalm, Ondansetron, Onrex, Stemetil, Gaviscon, Mylanta

> common methods

⚠ IV fluids

All prohibited substances administered by IV require a TUE. Permitted substances which require IV infusion may not exceed 100ml per 12 hours without a TUE, unless given while at hospital, during surgery, or travelling in an ambulance. Infusions given in any other setting require a TUE.

> contraception

Permitted

All oral contraceptives available in New Zealand are permitted in sport

*WADA has advised that wash out periods apply for these substances.

Details at sportintegrity.nz/commonmeds

contact us
whakapā mai

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athlete
feedback
whai whakaaro o ngā
tāngata Kaipara

Have an idea to improve our work? Email us your feedback at

engagement@sportintegrity.nz