

## IMPORTANT NOTICE

Changes to the WADA Code effective 1<sup>st</sup> January 2010

### Pseudoephedrine:

#### Pseudoephedrine is now **BANNED** in competition

Pseudoephedrine is now considered a banned stimulant and **NOT** be used during competition.

Pseudoephedrine is a common cold medication used to unblock blocked noses.

It can be bought over the counter and is sold as a stand alone medication (e.g. Sudafed) or in combination with other medications such as panadol and codeine (e.g. Codral Cold and Flu).

There is a moderate level of pseudoephedrine allowed in your system before the laboratory will consider it to be a “positive” test (150mcg/ml).

#### ADVICE:

1. You can take substances that contain pseudoephedrine when you are NOT competing.
2. You should only take pseudoephedrine at the recommended dose (i.e. 4 x 60mg tablets per day; or 2 x 120mg tablets per day).
3. It is recommended that you stop taking all substances that contain pseudoephedrine at least 48 hours before competition.
4. Check all “combined” cold and flu medications to ensure they do not contain pseudoephedrine. YOU are responsible for checking if it contains pseudoephedrine at the time of purchase.
5. Decongestant nasal sprays are a good alternative to products that contain pseudoephedrine.

If in doubt, check you cold and flu medication online at:

<http://checksubstances.asada.gov.au>



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BELCONNEN ACT 2617

Tel: (02) 6219 5600  
Fax: (02) 6219 5606  
Country Code: 61

swim@swimming.org.au  
www.swimming.org.au

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