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Introduction

The aim of the Beijing 2008 Health Care Program is to provide an efficient and effective pharmacy service, within the broader provision of health care services for the Paralympic Family.

This pharmacy service will be located within the Paralympic Village Polyclinic. Medications will only be dispensed from the Paralympic Village Polyclinic Pharmacy following the submission of a correctly completed official BOCOG prescription form, in English. Medications should be prescribed for specific individuals, in quantities required for immediate and necessary use.

Special procedures are in place for the prescription of medications classified as “Prohibited” to athletes. Doctors writing prescriptions, as well as the athletes for whom the prescriptions are written, should acquaint themselves with the World Anti-Doping Code, particularly the International Standard 2008 Prohibited List. Further information can also be found in the Beijing 2008 Paralympic Games Doping Control Guide.

The list of medications available in the Polyclinic Pharmacy is shown in this Guide. These medications are issued free of charge. The Polyclinic Director reserves the right to review each prescription with regard to quantity if necessary. If an NPC team doctor wishes to prescribe a medication not on the pharmacy list, every effort will be made to facilitate the availability of the medication, but the prescription will be at the cost of

the respective NPC.

The temporary registration of NPC team doctors for the period of the Beijing 2008 Paralympic Games is restricted to caring for members of their own team, or to members of other teams where there is a prior agreement. Further information can also be found in the Beijing 2008 Paralympic Games Health Care Guide.

The Beijing 2008 Paralympic Games Drug Formulary Guide, approved by the International Paralympic Committee (IPC), contains the definitive list of medications available from the Paralympic Village Polyclinic Pharmacy.

The main objective of the guide is to provide doctors with:

- Basic drug information about each medication;
- Information on the status of the drugs, such as substances that are prohibited or are subject to specific restrictions by the World Anti-Doping Code and the International Standard 2008 Prohibited List
- The various procedures related to the prescription of medications.

1. General Information

1.1 Polyclinic Pharmacy Operations

The Polyclinic Pharmacy offers a range of medications, free of charge, for the treatment of immediate and/or acute medical conditions. The Pharmacy will operate from 8:00 to 23:00. Individuals with a chronic condition, requiring ongoing medication and other prescribable items such as catheters and dressings are advised to bring sufficient quantities of that medication or prescribable items with them to cover their stay in China. This Drug Formulary Guide details the list of medications available at the Polyclinics in all areas of therapeutics. All individuals accredited for the Residential Zone of the Paralympic Village have access to the Paralympic Village Polyclinic Pharmacy services.

1.2 Information about Prescriptions

1.2.1 General Guidelines

- All medications will be dispensed by prescription only;
- All prescriptions must be handwritten in English on the official Polyclinic prescription pad and will only be dispensed at the Paralympic Village Polyclinic Pharmacy from 28 August 2008 onwards;
- Prescription pads will be provided to each NPC Chief Medical Officer, who will be responsible for the security of the pads and for providing these pads to their nominated team medical doctors. Prescription pads will only be provided to NPCs that have submitted the information and forms detailed in the NPC Employment Declaration and

- NPC Team Doctors Registration Forms;
- The Polyclinic Pharmacy will only dispense medications on official BOCOG prescription pads issued by BOCOG accredited medical physicians or by registered NPC team doctors. NPC team doctors are only accredited to prescribe medication to members of their own team and any other teams where there has been a prior formal agreement as indicated on the NPC Medical Declaration;
 - The original prescription form will be kept in the Paralympic Village Polyclinic Pharmacy;
 - Only one drug may be prescribed for a specific patient on each prescription form;
 - Prescriptions shall be valid for a maximum of seven days. No new refills will be dispensed, before the last prescription is used up;
 - The following details must be included on each prescription:
 - Venue and date
 - Doctor's name and signature, accreditation number and NPC
 - Patient's name, accreditation number and NPC
 - Formal name
 - Form (tablet, suppository, injection)
 - Unit strength
 - Quantity
 - Directions for use
 - Prohibited substances declaration (when applicable, see TUE or ATUE).

- Please clearly write instructions in the following manner “20mg three times daily”, and avoid Latin or written abbreviations on the prescriptions.
- Prescribing doctor’s name (clearly printed) and signature are required for all prescriptions.
- Athlete’s name (clearly printed), accreditation number and his or her signature are required when prescribing “Prohibited” substances and substances that require an Abbreviated Therapeutic Use Exemption (ATUE).
- Polyclinic pharmacist’s signature is required for “Prohibited” substances and substances that require an Abbreviated Therapeutic Use Exemption (ATUE) prescribed by NPC team doctors or BOCOG medical doctors for athletes.
- The signature of the Polyclinic Manager (or his appointed deputy) is required for any “Prohibited” prescribed by a BOCOG medical doctor for athletes.

All substances are classified as:

Permitted substances: These are drugs that are neither prohibited nor subject to any restrictions according to the World Anti-Doping Code

“Prohibited” substances: These are drugs that, according to the World Anti-Doping Code International Standard 2008 Prohibited List, cannot be used by athletes who will be competing in the Paralympic Games.

1.3 Prescribing “Prohibited” Substances or Substances that require either an ATUE or approval from the IPC TUE Committee

Policy

The use of WADA “Prohibited” substances should be avoided for athletes except during a medical emergency in which there is no alternate to using a “Prohibited” substance. If the prohibited medication is to be administered in a venue, the Venue Medical Officer must notify the Beijing 2008 Health Care Program Offices, who will notify the BOCOG Chief Medical Officer who will notify the Chair of the IPC’s TUE Committee (TUEC). If the medication is to be administered/dispensed in the Polyclinic, the administering doctor/Polyclinic pharmacist will notify the Polyclinic director who will in turn notify the Chair of the IPC’s TUEC. If an NPC doctor administers or prescribes the medication, they will be responsible for notifying the Chair of IPC TUEC. In all cases, the NPC will be responsible for initiating a Therapeutic Use Exemption application to the IPC TUE Committee. For detailed information on this process please consult the IPC Anti-Doping Code and the Beijing 2008 Paralympic Games Doping Control Guide.

In all instances, athletes should check with a medical expert with experience in anti-doping in sport.

The Paralympic Village Polyclinic Pharmacy will stock a limited number of prohibited medications. These will be flagged as such on the pharmacy computer system and clearly branded at the time of dispensing.

The status of these medications is identified in this guide, next to the medication. Intravenous injections and infusions are prohibited in the Paralympic Village Polyclinic, except as a legitimate acute medical treatment and administered by BOCOG staff.

Procedures

1. The prescribing doctor must explain to the athlete that a “Prohibited” substance is being prescribed and explain the possible consequences of this action.
2. The prescribing doctor and the athlete (if conscious and able to do so) receiving the medication will be asked to sign and print his/her name on the prescription to confirm that he/she is aware of the medication’s status.
3. If the medication is dispensed at the Paralympic Village Pharmacy, the Polyclinic pharmacists will confirm with the prescribing doctor that they have prescribed a “Prohibited” substance.
4. The Polyclinic pharmacist will stamp the prescription “Prohibited”, and the medication will be clearly branded “Prohibited.”
5. The Polyclinic Manager must also be informed and countersign when the prescribing doctor is a BOCOG medical doctor.
6. Either the NPC prescribing doctor or the Polyclinic Director must notify the IPC TUE Committee that a “Prohibited” Substance has been dispensed/ administered to an athlete.

2. Importation of Medications and Medical Equipment

2.1 Importation of Medications and Medical Equipment into the Mainland of China

The entry of medicine shall comply with the laws and regulations concerning the medicine control. Opium, morphia, heroin, marijuana and other narcotics and psychotropic substances are forbidden. Importation is allowed for medical reasons, but subject to the approval of the China Customs.

- Medicine carried by the members of the Paralympic family shall be used personally and directly for Beijing 2008 Paralympic Games. The remaining part shall be re-exported on time after the Games. The medicine carried in by the delegation as unaccompanied baggage shall be used only by the members of the delegation. The remaining part shall be re-exported on time after the Games.
- Medicine used directly for people or animals of Beijing Paralympic Games are tax and duty-free items.
- Medical equipments and relevant supplies carried by members of Paralympic family shall be declared to Customs. Those directly used for the Beijing 2008 Paralympic Games shall be approved to enter temporarily and must be taken out of the territory after the Games.

- Medical equipments entering as goods shall be released against deposit or Letter of Bank Guarantee issued together with documents presented by BOCOG. The detailed information about this letter will be provided in the Customs and Freight Manual for the Beijing 2008 Paralympic Games.
- The temporary inward materials for the Beijing Paralympic Games, with the approval of district customs, shall be re-exported out of the territory within one year after the date of the first entry, but the deadline of re-exported shall not be later than March 2009.

NPC delegations remain responsible for the stock of medications they bring to China for the duration of their stay. These medications will not be stored or monitored in any way by BOCOG. They must be kept in their original packaging until used and must be clearly labeled. If athletes carry their own medications, they must also carry the relevant prescriptions. The purpose of these medications is for the treatment of members of the respective NPC's team or other teams where there is a prior agreement and must not be supplied to anyone outside the team.

NPCs should also comply with the regulations and procedures stipulated in Customs Clearance Notice for Beijing Olympic Materials, and Customs and Freight Manual for 2008 Beijing Olympic/Paralympic Games (August, 2007) , and should fill the form requested by the China Customs.

Customs Clearance Notice for Beijing Olympic Materials can be found at the China Customs website: <http://www.customs.gov.cn/YWStaticPage/6885/de09274c.htm>

Customs and Freight Manual for 2008 Beijing Olympic/ Paralympic Games can be downloaded from BOCOG official website:

<http://en.beijing2008.cn/news/official/bulletin/media/n214144391.shtml>

2.2 Importation of Medications and Medical Equipment into Hong Kong

- Separate procedures will apply in the Hong Kong Special Administrative Region (HKSAR) regarding the importation and exportation of medications. To streamline the process, NPC delegations are strongly encouraged to import and export the drugs as personal items in their accompanying baggage. Information such as the list of drugs in their generic names, the quantities of the drugs, and the list of the names of potential users (for human drugs) certified by a medical practitioner of the exporting country will be required. Special arrangements will need to be made if drugs are imported/ exported other than in the accompanying baggage of the teams. Guidelines have been issued and details of the procedures are available at the Equestrian Events website at http://www.equestrian2008.org/eng/guideline_e.aspx

- There is no specific legislation restricting the importation and sale of medical instruments and equipment, except for those containing pharmaceutical or radioactive substances, or emitting ionizing radiation.
- For importation, possession and use of radioactive substances and irradiating apparatuses, NPCs will have to meet with the requirements of the relevant regulations of HKSAR. Details about the requirements on importation can be found at the Equestrian Events website at http://www.equestrian2008.org/eng/guideline_e.aspx

All NPCs should note that the importation, use and/or prescription for athletes without prior acceptance of a Therapeutic Use Exemption (TUE) or Abbreviated Therapeutic Use Exemption (ATUE) of any substance prohibited for use in sport according to The World Anti-Doping Code The International Standard 2008 Prohibited List are in direct contravention of the World Anti-Doping Code, the IPC Anti-Doping code applicable to the Beijing 2008 Paralympic Games and breaches BOCOG Medical Service policies.

3. Drug Formulary

3.1 Polyclinic Pharmacy Operations

The drugs included in the Drug Formulary Guide are arranged according to pharmacological/therapeutic classification.

The following prescribing information is included:

Drug

Generic drug name

Brand name

Major indications: Common indications are included, although the drug may be used for other medically justified purposes.

Available form: Strength and formulation

Dosage: The usual recommended dose is included for a health adult with normal renal and liver function.

Side effects: The most common side effects are listed for each drug.

Status: All substances are classified as Permitted, Prohibited or subject to an Abbreviated Therapeutic Use Exemption (ATUE) based on the World Anti-Doping Code or require approval from the IPC MC.

* The drugs provided in Hong Kong and Qingdao may be substituted by generic equivalents.

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1. Anti-infective drugs

(a) Antibiotics

(i) Penicillins

DRUG: Penicillin V

INDICATIONS: Treatment of mild to moderate infections: Streptococcal/ Pneumococcal/ Staphylococcal organisms susceptible to Penicillin.

AVAILABLE FORM: 250 mg tablets

DOSAGE: 250-500 mg every 6 to 8 hours orally, skin test is needed before using (routine procedure in Chinese hospital).

SIDE EFFECTS: Hypersensitivity reaction, gastro-intestinal symptoms

STATUS: Permitted

DRUG: Amoxicillin

INDICATIONS: Upper respiratory tract infection, e.g. otitis media, sinusitis, tonsillitis; lower respiratory tract infection, e.g. pneumonia, acute and chronic bronchitis

AVAILABLE FORM: 250 mg capsules

DOSAGE: 250 - 500 mg 4 times daily orally

SIDE EFFECTS: Gastro-intestinal symptoms, hypersensitivity reactions

STATUS: Permitted

(ii) Cephalosporins

DRUG: Cefazolin

INDICATIONS: Treatment of infections due to susceptible strains of microorganisms.

AVAILABLE FORM: 0.5 g vial

DOSAGE: Intramuscular or intravenous injection, 0.5 - 1g, 2 - 4 times daily

SIDE EFFECTS: Gastro-intestinal symptoms

STATUS: Permitted by intra-muscular injection. (Administration by intravenous injection is prohibited unless a Therapeutic Use Exemption has been obtained.)

DRUG: Ceftriaxone Sodium

BRAND NAME: Rocephin

INDICATIONS: Sepsis, meningitis, abdominal infections (peritonitis, infections of the biliary and gastrointestinal tracts)

AVAILABLE FORM: 1 g vial

DOSAGE: 1 - 2 g daily (I.V. Drip Infusion)

SIDE EFFECTS: Gastro-intestinal symptoms, hypersensitivity reactions

STATUS: Administration by intravenous injection is prohibited, unless a Therapeutic Use Exemption is obtained

DRUG: Cefalexin

INDICATIONS: Respiratory tract infections: acute and chronic bronchitis and sinusitis

AVAILABLE FORM: 250 mg sustained-release capsules

DOSAGE: Orally, 1 - 2 g daily in 2 doses in the morning and evening after meals.

SIDE EFFECTS: gastro-intestinal symptoms

STATUS: Permitted

DRUG: Cefaclor

BRAND NAME: Ceclor

INDICATIONS: Infections due to Gram-positive bacteria (Staphylococci, Streptococci, Pneumococci) and Gram-negative bacteria (Haemophilus influenzae, E.coli, Klebsiella, Proteus mirabilis)

AVAILABLE FORM: 250 mg capsules

DOSAGE: 250 mg orally every 8 hours

SIDE EFFECTS: Gastro-intestinal symptoms

STATUS: Permitted

(iii) **Quinolones**

DRUG: Ciprofloxacin

INDICATIONS: Uncomplicated and complicated infections by organisms sensitive to ciprofloxacin

AVAILABLE FORM: 250 mg tablets

DOSAGE: 250 - 750 mg orally twice daily

SIDE EFFECTS: Gastro-intestinal symptoms, colitis, central nervous system disturbances, photosensitivity

STATUS: Permitted

DRUG: Levofloxacin

BRAND NAME: Cravit

INDICATIONS: Treatment of infections caused by Staphylococcus aureus, Streptococcus pneumoniae, Streptococcus pyogenes, Streptococcus hemolyticus and Enterococcus.

AVAILABLE FORM: 500 mg tablets

DOSAGE: 500 mg a day orally

SIDE EFFECTS: Hypersensitivity reactions

STATUS: Permitted

(iv) Tetracyclines

DRUG: Doxycycline

INDICATIONS: Infections due to Mycoplasma pneumonia (primary atypical pneumonia), susceptible Rickettsiae, Gonococci, Chlamydia and malaria prophylaxis (*P. falciparum*, *P. vivax*)

AVAILABLE FORM: 100 mg tablets

DOSAGE: 200 mg orally on first day, then 100 mg daily

SIDE EFFECTS: Gastro - intestinal symptoms, hypersensitivity reactions, photosensitivity

STATUS: Permitted

(v) Macrolides

DRUG: Azithromycin

BRAND NAME: Zithromax

INDICATIONS: Infections due to susceptible organisms

AVAILABLE FORM: 250 mg tablets

DOSAGE: 500 mg orally on first day, then 250 mg daily for 3 days

SIDE EFFECTS: Gastro - intestinal symptoms, hypersensitivity, headache

STATUS: Permitted

DRUG: Roxithromycin

BRAND NAME: Rulide

INDICATIONS: Infections due to susceptible

organisms

AVAILABLE FORM: 150 mg dispersible tablets

DOSAGE: 150 mg orally twice daily or 300 mg once daily before meals

SIDE EFFECTS: Gastro - intestinal symptoms, superinfection, hypersensitivity

STATUS: Permitted

(vi) Miscellaneous Antibiotics

DRUG: Co-trimoxazole (Sulfamethoxazole + Trimethoprim)

INDICATIONS: Treatment of urinary, respiratory and gastro-intestinal tract infections due to susceptible strains of the following organisms: Escherichia coli, Klebsiella-enterobacter species, Morganella morganii, Proteus mirabilis and Proteus vulgaris

AVAILABLE FORM: 400 mg + 80 mg tablets

DOSAGE: Two tablets orally twice daily

SIDE EFFECTS: Blood dyscrasias, hypersensitivity reactions, gastro - intestinal symptoms

STATUS: Permitted

(b) Anti-fungals

DRUG: Fluconazol

DRUG: Fluconazol

BRAND NAME: Diflucan

INDICATIONS: Vaginal, oropharyngeal and esophageal candidiasis, Cryptococcal meningitis

AVAILABLE FORM: 50 mg capsules

DOSAGE: 50 - 100 mg a day orally

SIDE EFFECTS: Headache, gastro-intestinal

symptoms

STATUS: Permitted

(c) Anti-virals

DRUG: Aciclovir

INDICATIONS: Herpes simplex and herpes zoster

AVAILABLE FORM: 200 mg tablets

DOSAGE: 200 - 800 mg orally 5 times daily

SIDE EFFECTS: Gastro - intestinal symptoms, hypersensitivity reactions

STATUS: Permitted

(d) Trichomonacides

DRUG: Metronidazole

INDICATIONS: Anaerobic infections, giardiasis

AVAILABLE FORM: 200 mg tablets

DOSAGE: 200 - 400 mg orally 3 times daily with food

SIDE EFFECTS: Gastro - intestinal symptoms

STATUS: Permitted

2. Cardiovascular Drugs

(a) Anti-hypertensive

(i) Beta-adrenergic blocker

DRUG: Metoprolol

BRAND NAME: Betaloc

INDICATIONS: Management of hypertension

AVAILABLE FORM: 25 mg tablets

DOSAGE: Individualized dosage

SIDE EFFECTS: Bradycardia, postural hypotension, fatigue, dizziness and bronchospasm

STATUS: Prohibited in certain sports#

(ii) Calcium channel blocker

DRUG: Amlodipine

BRAND NAME: Norvasc

INDICATIONS: Mild to moderate hypertension and angina

AVAILABLE FORM: 5 mg tablets

DOSAGE: 5 mg orally once daily; maximum: 10 mg once daily

SIDE EFFECTS: Edema, headache, dizziness

STATUS: Permitted

(iii) Angiotensin-converting enzyme (ACE) inhibitor

DRUG: Benazepril

BRAND NAME: Lotensin

INDICATIONS: Essential hypertension and renovascular hypertension

AVAILABLE FORM: 10 mg tablets

DOSAGE: 10 mg orally once daily

SIDE EFFECTS: Dizziness, headache, diarrhea, fatigue, cough, nausea, hypotension, rash and gastro-intestinal symptoms

STATUS: Permitted

(iv) Alpha1-adrenergic blockers

DRUG: Doxazosin

BRAND NAME: Cardura XL

INDICATIONS: Treatment of hypertension

AVAILABLE FORM: 4 mg controlled-release tablets

DOSAGE: 4 mg orally at night before sleeping

SIDE EFFECTS: Chest pain, fatigue, headache, dizziness, influenza-like symptoms, hypotension, palpitations, abdominal pain

STATUS: Permitted

(b)Anti-anginal drugs

DRUG: Diltiazem

BRAND NAME: Herbesser

INDICATIONS: Moderate to severe angina

AVAILABLE FORM: 30 mg tablets

DOSAGE: 60 mg orally 3 times daily

SIDE EFFECTS: AV block, bradycardia, hypotension, edema, headache, nausea, dizziness

STATUS: Permitted

DRUG: Nitroglycerin

INDICATIONS: Unstable angina

AVAILABLE FORM: 0.5 mg tablets (Sublingual)

DOSAGE: Sublingually: 0.5 mg, repeated as required

SIDE EFFECTS: Headache, nausea, hypotension, tachycardia

STATUS: Permitted

DRUG: Isosorbide Mononitrate

BRAND NAME: Elantan-long

INDICATIONS: Angina pectoris, myocardial infarction, coronary arteriosclerosis

AVAILABLE FORM: 50 mg Sustained Release capsules

DOSAGE: Orally 50 mg after breakfast once daily
Dosage should be adjusted individually due to

different individual reactions.

SIDE EFFECTS: Hypersensitivity reactions, headache, tachycardia, palpitation, nausea, vomiting

Remarks: Avoid alcohol consumption

STATUS: Permitted

(c) Cardiac glycosides

DRUG: Digoxin

INDICATIONS: Heart failure, atrial fibrillation

AVAILABLE FORM: 0.25mg tablets

DOSAGE: Complex. Individualized dosage

SIDE EFFECTS: Anorexia, nausea, vomiting, diarrhea, arrhythmias, bradycardia

STATUS: Permitted

(d) Anti-arrhythmic drugs

DRUG: Amiodarone

BRAND NAME: Cordarone

INDICATIONS: Potentially fatal recurrent arrhythmias

AVAILABLE FORM: 200 mg tablets

DOSAGE: Maintenance 200 mg orally in 1 - 2 divided doses daily

SIDE EFFECTS: Interstitial pneumonia, alveolitis, hepatic disorders, hyperthyroidism

STATUS: Permitted

(e) Sympathomimetic drugs

DRUG: Adrenaline (Epinephrine)

INDICATIONS: Treatment of acute hypersensitivity/

asthmatic attacks, treatment and prophylaxis of cardiac arrest and attacks of transitory atrioventricular (A-V) heart block with syncopal seizures

AVAILABLE FORM: 1mg :1ml ampoules

DOSAGE: Subcutaneous injection, 0.1 - 0.5 mg/dose

SIDE EFFECTS: Anxiety, headache, fear and palpitations, cardiac arrhythmias, hypertension

STATUS: Prohibited; requires a Therapeutic Use Exemption (TUE). Permitted if associated with local anesthetic agents or by local administration (e.g. nasal, ophthalmologic)

3. Diuretics & other drugs for urinary-tract disorders

(a) Loop diuretics

DRUG: Furosemide

INDICATIONS: Hypertension, edema, promotion of urinary stone elimination, pulmonary edema

AVAILABLE FORM: 20mg tablets

DOSAGE: 20 - 80 mg orally once daily

SIDE EFFECTS: Electrolyte imbalance, hypersensitivity reactions, gastro-intestinal disorder, dizziness, headache

STATUS: Prohibited; requires a Therapeutic Use Exemption (TUE)

(b) Thiazide diuretics

DRUG: Compound Amiloride Hydrochloride

BRAND NAME: Wu Du Li

INDICATIONS: Edema, hypertension

AVAILABLE FORM: 25 mg + 2.5 mg tablets (Hydrochlorothiazide + Amiloride)

DOSAGE: One tablet orally once or twice daily

SIDE EFFECTS: Electrolyte imbalance, gastro-intestinal symptoms, dizziness, headache

STATUS: Prohibited

4. Hematological drugs

(a) Iron-containing drugs

DRUG: Ferrous sulfate

INDICATIONS: Iron deficiency

AVAILABLE FORM: 300 mg tablets

DOSAGE: One tablet orally with food daily

SIDE EFFECTS: Constipation

STATUS: Permitted

(b) Anti-coagulants

DRUG: Aspirin

BRAND NAME: Bayaspirin

INDICATIONS: Anti-platelet therapy, prophylaxis and treatment of deep vein thrombosis

AVAILABLE FORM: 100 mg tablets

DOSAGE: 100 mg orally once daily

SIDE EFFECTS: Gastro-intestinal symptoms

STATUS: Permitted

DRUG: Warfarin

INDICATIONS: Prophylaxis and treatment of thrombosis and thrombo-embolism

AVAILABLE FORM: 3 mg tablets

DOSAGE: Complex and individualized

SIDE EFFECTS: Hypersensitivity reactions, bleeding

STATUS: Permitted

5. Respiratory Drugs

(a) Anti-tussives/cough preparations

DRUG: Bromhexine

INDICATIONS: Cough suppressant and mucolytic

AVAILABLE FORM: 8 mg tablets

DOSAGE: 8 mg -16 mg orally 3 times daily

SIDE EFFECTS: Gastro-intestinal symptoms, headache, vertigo

STATUS: Permitted

DRUG: Ambroxol

BRAND NAME: Mucosolvan

INDICATIONS: Mucoregulatory treatment. Acute and chronic disease of the respiratory tract with mucus

AVAILABLE FORM: 30 mg tablets

DOSAGE: 30mg orally 3 times daily

SIDE EFFECTS: Skin and/or mucosal reactions, facial swelling, dyspnea, gastro-intestinal symptoms

STATUS: Permitted

(b) Bronchodilators

DRUG: Salbutamol (Albuterol)

BRAND NAME: Ventolin

INDICATIONS: Asthma, bronchospasm, prevention of exercise-induced asthma

AVAILABLE FORM: 100 mcg/Metered inhalation, 200-dose unit

DOSAGE: 1 - 2 puffs by inhalation every four hours as necessary

SIDE EFFECTS: Tremor, arrhythmias, hypertension,

nausea

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE) and will be granted after an application has been submitted to and approved by the IOC. IPC: ATUE necessary

REMARK: Despite the granting of an ATUE, a urinary concentration of salbutamol (free plus glucuronide) greater than 1000 ng/ml will be considered an adverse analytical finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

DRUG: Formoterol

BRAND NAME: Oxis Turbuhaler

INDICATIONS: Treatment of reversible airways disease, including nocturnal asthma and the prevention of exercise-induced asthma

AVAILABLE FORM: 4.5 mcg/Metered inhalation, 60-dose unit

DOSAGE: 1-2 puffs by inhalation one or two times daily

SIDE EFFECTS: Headache, palpitations, tremor

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE) and will be granted after an application has been submitted to and approved by the IOC. IPC ATUE necessary

DRUG: Ipratropium Bromide

BRAND NAME: Atrovent

INDICATIONS: Obstructive airways disease with bronchospasm, asthma, chronic bronchitis

AVAILABLE FORM: 20 mcg/Metered inhalation, 200-dose unit.

DOSAGE: 2 - 4 puffs by inhalation 3 - 4 times daily

SIDE EFFECTS: Gastro-intestinal symptoms, headache, dry mouth, dizziness, palpitations, hypersensitivity reactions

STATUS: Permitted

(c)Anti-inflammatory drugs

DRUG: Salmeterol+Fluticasone

BRAND NAME: Seretide

INDICATIONS: Prevention and treatment of asthma

AVAILABLE FORM: 50 mcg: 250 mcg/blister, 60-blisters unit

DOSAGE: 1 puff by inhalation twice daily

SIDE EFFECTS: Tachycardia, arrhythmias, oral and pharyngeal candidiasis, tremor, adrenal suppression

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE) and will be granted after an application has been submitted to and approved by the IOC. IPC ATUE necessary

DRUG: Fluticasone

BRAND NAME: Flixotide

INDICATIONS: Prevention and treatment of asthma

AVAILABLE FORM: 50 mcg /Metered spray, 120-spray unit

DOSAGE: 1 - 2 puffs by inhalation twice daily

SIDE EFFECTS: Dryness and irritation of the nose

and throat, candidiasis, adrenal suppression

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE)

DRUG: Budesonide+Formoterol

BRAND NAME: Symbicort Turbuhaler

INDICATIONS: Prevention and treatment of asthma

AVAILABLE FORM: 160mcg:4.5mcg /metered inhalation, 60-dose unit

DOSAGE: 1 - 2 puffs per actuation via metered dose inhaler, twice daily

SIDE EFFECTS: Tachycardia, arrhythmias, oral and pharyngeal candidiasis, tremor, adrenal suppression

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE) and will be granted after an application has been submitted to and approved by the IOC. IPC ATUE necessary

DRUG: Budesonide

BRAND NAME: Pulmicort

INDICATIONS: Prophylaxis and treatment of asthma

AVAILABLE FORM: 200 mcg /metered inhalation, 100-dose unit

DOSAGE: 400- 800 mcg by inhalation daily in two to four doses

SIDE EFFECTS: Throat and mouth irritation, cough, oral candidiasis, adrenal suppression

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE)

6. Gastro-intestinal drugs

(a) Anti-ulcer drugs, antacids

DRUG: Compound Aluminum hydroxide tablets

INDICATIONS: Gastric and duodenal ulcer, gastritis, esophagitis

AVAILABLE FORM: (Dried aluminium hydroxide 245mg + Magnesium trisilicate 105mg + Belladonna extract 2.6 ml) chewable tablet

DOSAGE: 1 - 2 tablets chewed 3 - 4 times daily when necessary

SIDE EFFECTS: Nil

STATUS: Permitted

DRUG: Omeprazole

BRAND NAME: Losec

INDICATIONS: Gastric and duodenal ulcers, reflux esophagitis, bleeding from upper digestive tract

AVAILABLE FORM: 20 mg capsules

DOSAGE: 10 - 40 mg orally each day

SIDE EFFECTS: Hypersensitivity reactions, diarrhea, constipation, nausea, vomiting, headache

STATUS: Permitted

DRUG: Ranitidine

INDICATIONS: Gastric ulcers and duodenal ulcers, reflux esophagitis, bleeding from the upper digestive tract, gastric mucosal disease

AVAILABLE FORM: 150 mg capsules

DOSAGE: 150 mg orally twice daily (after breakfast and at bed time) or 300 mg once daily (at bedtime)

SIDE EFFECTS: Hypersensitivity reactions,

blood dyscrasias, hepatic dysfunction, diarrhea, constipation, dizziness

STATUS: Permitted

DRUG: Bismuth potassium citrate

BRAND NAME: Lizhu Dele

INDICATIONS: Treatment of patients with Helicobacter pylori infection and duodenal ulcer

AVAILABLE FORM: 300 mg capsules

DOSAGE: 300 mg orally 3 - 4 times daily before meals

SIDE EFFECTS: Darkened stools, diarrhea, abdominal pain

STATUS: Permitted

(b) Anti-diarrheals

DRUG: Loperamide

BRAND NAME: Imodium

INDICATIONS: Diarrhea

AVAILABLE FORM: 2 mg capsules

DOSAGE: Initially, 4 mg orally followed by 2mg after each loose stool for up to 5 days; usual dose 6-8 mg daily; max. 16mg daily

SIDE EFFECTS: Hypersensitivity reaction (rash)

STATUS: Permitted

(c) Laxatives

DRUG: Bisacodyl

INDICATIONS: Constipation, clearing of intestinal tract

AVAILABLE FORM: 5 mg tablets

DOSAGE: 5 - 10 mg orally at night

SIDE EFFECTS: Rectal irritation, abdominal pain

STATUS: Permitted

DRUG: Glycerol enema

INDICATIONS: Constipation

AVAILABLE FORM: 20 ml solution for rectal use

DOSAGE: 20 ml for rectal use

SIDE EFFECTS: Nil

STATUS: Permitted

DRUG: Lactulose

BRAND NAME: Duphalac

INDICATIONS: Chronic constipation: regulation of the physiological rhythm of the colon

AVAILABLE FORM: 15 ml (10 g) oral solution

DOSAGE: 15-30 ml orally when necessary

SIDE EFFECTS: Flatulence, abdominal pain and diarrhea in higher dosage, electrolyte imbalance

STATUS: Permitted

(d)Anti-spasmodics

DRUG: Anisodamine

INDICATIONS: Gastro-intestinal tract spasm

AVAILABLE FORM: 5 mg tablets; 10 mg/ml
Injections

DOSAGE: Tablets: 5 - 10 mg orally 3 times daily;
Injections: Intramuscular injection 5 - 10 mg, once
or twice daily

SIDE EFFECTS: Anti-cholinergic effects, central
nervous system disturbance

STATUS: Permitted

(e)Anti-emetics

DRUG: Dimenhydrinate

INDICATIONS: Prevention and treatment of motion sickness

AVAILABLE FORM: 50 mg tablets

DOSAGE: 50 - 100 mg orally 3 - 4 times daily with food

SIDE EFFECTS: Drowsiness and dizziness

STATUS: Permitted

DRUG: Metoclopramide

INDICATIONS: Control of nausea and vomiting

AVAILABLE FORM: 5 mg tablets; 10mg/ ml injections

DOSAGE: Oral: 10 - 30 mg daily in 2 - 3 doses (before meals); Injection: 2 ml once or twice daily (I.M., I.V.)

SIDE EFFECTS: Diarrhea, headache, dizziness

STATUS: Permitted

7. Neurological and psychotherapeutic drugs

(a)Anti-epileptics

DRUG: Carbamazepine

BRAND NAME: Tegretol

INDICATIONS: Epilepsy, mental disorders, neuropathic pain, trigeminal neuralgia

AVAILABLE FORM: 200mg tablets

DOSAGE: Initially, 200 - 400 mg orally in 1-2 doses daily; doses increased gradually (usually 600 mg/ day)

SIDE EFFECTS: Hypersensitivity reactions,

photosensitivity, blood dyscrasias, dizziness, drowsiness, blurred vision, fatigue, gastro-intestinal symptoms

STATUS: Permitted

DRUG: Sodium valproate

BRAND NAME: Depakine

INDICATIONS: Epilepsy, mania

AVAILABLE FORM: 500 mg sustained-release tablets

DOSAGE: Initially 5 mg/kg/day orally divided into 1 - 3 doses, within a week, increase to 5 - 10mg/kg/day; usual dose: 15 mg/kg/day, divided into 2-3 doses

SIDE EFFECTS: Gastro-intestinal symptoms, dizziness, drowsiness, headache, skin reactions

STATUS: Permitted

(b) Anti-mania drug

DRUG: Lithium carbonate

INDICATIONS: Treatment and prophylaxis of mania, manic-depressive illness and recurrent depression. Aggressive or self- mutilating behavior

AVAILABLE FORM: 250 mg tablets

DOSAGE: 0.125 - 0.25 g orally after meals 3 times daily, doses increase gradually to 0.25 - 0.5g daily and no more than 1.5-2.0 g daily

SIDE EFFECTS: Gastrointestinal symptoms, tremor, vertigo, fatigue, polydipsia and polyuria. Disturbance of thyroid function may occur with long term use

STATUS: Permitted

(c) Anti-Parkinson drugs

DRUG: Levodopa + Carbidopa

BRAND NAME: Sinemet CR

INDICATIONS: Treatment of Parkinson's symptoms and disease

AVAILABLE FORM: 200 mg + 50 mg tablets (Levodopa + Carbidopa)

DOSAGE: Individualized

SIDE EFFECTS: Dyskinesias, nausea, confusion, dizziness, dry mouth

STATUS: Permitted

DRUG: Benserazide (levodopa + Benserazide hydrochloride)

BRAND NAME: Madopar

INDICATIONS: Treatment of Parkinson's disease

AVAILABLE FORM: 200 mg + 50 mg (levodopa + Benserazide)

DOSAGE: Individualized

SIDE EFFECTS: Anorexia, nausea, vomiting, cardiac arrhythmias, orthostatic hypotension, involuntary movements, dyskinesia, hyperkinesia

STATUS: Permitted

(d) Anxiolytics

DRUG: Alprazolam

INDICATIONS: Anxiety state, panic disorders

AVAILABLE FORM: 0.4 mg tablets

DOSAGE: 0.4 mg orally 3 times daily (maximum: 3

mg daily)

SIDE EFFECTS: Drowsiness and light-headedness/dizziness, blurred vision, headache, insomnia, depression

STATUS: Permitted

DRUG: Diazepam

INDICATIONS: Anxiety, tension, sleep disturbances, epilepsy

AVAILABLE FORM: 2.5 mg tablets; 10mg: 2 ml Injection

DOSAGE: Oral 5 - 30 mg daily in divided doses; injection 10 mg/dose (I.M., I.V.)

SIDE EFFECTS: Fatigue, drowsiness, dizziness, muscle weakness, dependence may occur with long term use

STATUS: Permitted orally and intramuscularly (Administration by Intravenous injection is prohibited, unless a Therapeutic Use Exemption is obtained)

(e)Anti-depressants

DRUG: Sertraline hydrochloride

BRAND NAME: Zoloft

INDICATIONS: Major depression, obsessive compulsory disorder, panic disorder

AVAILABLE FORM: 50 mg tablets

DOSAGE: 50 - 200 mg orally a day

SIDE EFFECTS: Gastro-intestinal symptoms, fatigue, decreased libido, tremor, dizziness, insomnia and somnolence

STATUS: Permitted

(f) **Hypnotics**

DRUG: Phenobarbital

INDICATIONS: Epilepsy, Insomnia, as a sedative

AVAILABLE FORM: 30 mg tablets

DOSAGE: 30 - 100mg orally before bedtime

SIDE EFFECTS: Sedation, confusion, CNS depression, dizziness. Physical dependence may develop.

STATUS: Permitted

DRUG: Zolpidem

BRAND NAME: Stilnox

INDICATIONS: Insomnia

AVAILABLE FORM: 10 mg tablets

DOSAGE: 10 mg orally at bedtime

SIDE EFFECTS: Dizziness, drowsiness, lethargy and headache

STATUS: Permitted

DRUG: Midazolam

BRAND NAME: Dormicum

INDICATIONS: Short term treatment of insomnia

AVAILABLE FORM: 15 mg tablets

DOSAGE: 7.5 - 15 mg orally before bedtime

SIDE EFFECTS: Drowsiness, numbed emotions, reduced alertness, confusion, fatigue, headache, dizziness, muscle weakness, ataxia or double vision

STATUS: Permitted

8. Analgesic and anti-inflammatory (NSAID) drugs

(a) Non-steroidal anti-inflammatory drugs

DRUG: Aspirin

BRAND NAME: Bamyl

INDICATIONS: A mild analgesic and antipyretic for pain and fever

AVAILABLE FORM: 500 mg effervescent tablets

DOSAGE: 500 mg orally each time, 500-2000 mg daily

SIDE EFFECTS: Hypersensitivity reactions, gastrointestinal symptoms, bleeding tendency

STATUS: Permitted

DRUG: Paracetamol

BRAND NAME: Tylenol

INDICATIONS: Mild analgesic and antipyretic for pain and fever

AVAILABLE FORM: 650 mg tablets

DOSAGE: Orally 1 - 2 tablets orally each time. If fever or pain persists, 1 - 2 tablets every 8 hours, but no more than 3 times within 24 hours

SIDE EFFECTS: Rare: gastro-intestinal symptoms

STATUS: Permitted

DRUG: Diclofenac sodium

BRAND NAME: Votalin 75 mg SR; Votalin Emulgel

INDICATIONS: Pain due to inflammatory conditions, dysmenorrhoea

AVAILABLE FORM: 75mg Sustained-release tablets; 20 g: 200 mg gel

DOSAGE: 75 mg orally once to twice daily; topically:

2 - 4 g, 3 - 4 times daily with gentle massage

SIDE EFFECTS: Epigastric pain from gastritis, gastric ulcer, GI bleeding, hypersensitivity reactions, other gastro-intestinal symptoms, aggravation of asthma

STATUS: Permitted

DRUG: Ibuprofen

BRAND NAME: Fenbid

INDICATIONS: Pain due to inflammatory conditions, dysmenorrhea, analgesic

AVAILABLE FORM: 300 mg sustained-release capsules

DOSAGE: 300 – 600 mg orally twice daily in the morning and evening

SIDE EFFECTS: Hypersensitivity reactions, visual disorders, gastro-intestinal symptoms

STATUS: Permitted

DRUG: Indomethacin

INDICATIONS: Pain due to inflammatory conditions, reduction of inflammation, analgesic for post operative pain, acute gout

AVAILABLE FORM: 100 mg rectal suppositories

DOSAGE: Rectally 100 or 200 mg daily in divided doses

SIDE EFFECTS: Diarrhea, irritation of rectal mucosa, gastro-intestinal disorders

STATUS: Permitted

DRUG: Naproxen

BRAND NAME: Shi Luo Te

INDICATIONS: Pain due to inflammatory conditions, reduction of inflammation, dysmenorrhea, post surgery pain

AVAILABLE FORM: 250 mg sustained-release capsules

DOSAGE: 500 mg orally 1-2 times daily

SIDE EFFECTS: Epigastric pain from gastritis, gastric ulcer, GI bleeding, other gastro-intestinal symptoms, aggravation of asthma, headache, dizziness

STATUS: Permitted

(b) Drugs for gout

DRUG: Allopurinol

INDICATIONS: Gout, hyperuricemia

AVAILABLE FORM: 100mg tablets

DOSAGE: Orally 100 - 600 mg daily in divided doses with food

SIDE EFFECTS: Gastro-intestinal symptoms, rash

STATUS: Permitted

DRUG: Colchicine (Colgout)

INDICATIONS: Acute gout

AVAILABLE FORM: 0.5 mg tablets

DOSAGE: Orally 1 mg initially, then 0.5 mg every two hours until relief is obtained

SIDE EFFECTS: Abdominal pain and diarrhea, other gastro-intestinal symptoms

STATUS: Permitted

(c)Muscle relaxants

DRUG: Chlorzoxazone+Paracetamol

INDICATIONS: Relief of pain and discomfort associated with acute musculoskeletal conditions with muscle spasm

AVAILABLE FORM: 0.125g +0.15g tablets

DOSAGE: Two tablets orally 3 - 4 times daily for 10 days

SIDE EFFECTS: Drowsiness, dizziness, headache

STATUS: Permitted

DRUG: Baclofen

BRAND NAME: Lioresal

INDICATIONS: Spasticity of the skeletal muscles in multiple sclerosis and spinal conditions

AVAILABLE FORM: 10 mg tablets

DOSAGE: Initial dose: 5 mg orally 3 times daily, doses increased gradually; increase 5 mg every 3 days until suitable dosage

SIDE EFFECTS: Hypotension, gastro-intestinal symptoms, drowsiness, respiratory depression, vertigo, lassitude, dizziness, headache, insomnia

STATUS: Permitted

9.Anti-histamines

DRUG: Loratadine

BRAND NAME: Clarityne

INDICATIONS: Seasonal and perennial allergic rhinitis, urticaria

AVAILABLE FORM: 10 mg tablets

DOSAGE: Orally 10 mg daily

SIDE EFFECTS: Somnolence, dry mouth, headache, fatigue

STATUS: Permitted

DRUG: Cetirizine

BRAND NAME: Zyrtec

INDICATIONS: Treatment of seasonal and perennial allergic rhinitis, and urticaria

AVAILABLE FORM: 10mg tablets

DOSAGE: Orally 10 mg daily

SIDE EFFECTS: Dry mouth, headache, somnolence, fatigue

STATUS: Permitted

10.Hormone and synthetic substitute drugs

(a)Corticosteroids

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

Other routes of administration (intra-articular/ periarticular/ peritendinous/ epidural/ intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below. Topical preparations when used for dermatological (including iontophoresis / phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and peri-anal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

DRUG: Betamethasone

BRAND NAME: Diprospan

INDICATIONS: Intra-articular and local injection for corticosteroid responsive conditions

AVAILABLE FORM: Betamethasone dipropionate 5 mg/ml + Betamethasone Sodium phosphate 2 mg/ml

DOSAGE: Individualized dosage & administration

SIDE EFFECTS: Fluid and electrolyte, cardiovascular and other disturbances, aggravation or masking of infections, post-injection pain, sepsis, adrenal suppression

STATUS: Prohibited; requires an a Abbreviated Therapeutic Use Exemption (ATUE)

DRUG: Methylprednisolone

INDICATIONS: Intra-articular rheumatoid arthritis, osteoarthritis, post traumatic arthritis

AVAILABLE FORM: 40 mg vials

DOSAGE: Intra-articular. Individualized dosage & administration

SIDE EFFECTS: Increased susceptibility to infection, secondary adrenocortical dysfunction, gastrointestinal symptoms

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE)

DRUG: Prednisolone

INDICATIONS: Chronic adrenocortical dysfunction, rheumatoid arthritis, systemic lupus erythematosus, nephrosis, bronchial asthma, severe infection

AVAILABLE FORM: 5mg tablets

DOSAGE: Orally 20- 60 mg daily with food decreasing to 5-20 mg daily orally

SIDE EFFECTS: Exacerbation of infection, adrenal suppression, peptic ulcers, diabetes mellitus, mental disorder

STATUS: Prohibited; requires a Therapeutic Use Exemption (TUE)

DRUG: Triamcinolone acetonide

INDICATIONS: Intra-articular and local injection for corticosteroid responsive conditions

AVAILABLE FORM: 10 mg/ml injection

DOSAGE: 10-40 mg intra-articular, peri-articular, intrabursal

SIDE EFFECTS: Fluid and electrolyte, cardiovascular and other disturbances, aggravation or masking of infections, post-injection pain, sepsis, adrenal suppression

STATUS: Prohibited; requires an Abbreviated Therapeutic Use Exemption (ATUE)

(b) Hypoglycaemics (oral)

DRUG: Glipizide

BRAND NAME: Glucotrol XL

INDICATIONS: Type 2 diabetes mellitus

AVAILABLE FORM: 5 mg controlled-release tablets

DOSAGE: Initial dose: orally 5 mg daily; maximum: 20 mg daily

SIDE EFFECTS: Hypoglycemia, gastro-intestinal symptoms

STATUS: Permitted

DRUG: Metformin

BRAND NAME: Glucophage

INDICATIONS: Type 2 diabetes mellitus

AVAILABLE FORM: 500 mg tablets

DOSAGE: Orally 500 mg 3 times daily

SIDE EFFECTS: Gastro-intestinal symptoms, lactic acidosis

STATUS: Permitted

DRUG: Acarbose

BRAND NAME: Glucobay

INDICATIONS: Adjunct therapy to diet and exercise in type 2 diabetes mellitus

AVAILABLE FORM: 50mg tablets

DOSAGE: Initial dose: orally 50 mg 3 times daily before meals; doses gradually increased to 100 mg 3 times daily

SIDE EFFECTS: Gastro-intestinal symptoms

STATUS: Permitted

(c) Hypoglycaemics (Parenteral)

DRUG: Insulin

INDICATIONS: Insulin-dependent diabetes mellitus

AVAILABLE FORM: Varies according to individual requirements

DOSAGE: Subcutaneous injection; varies according to individual requirements

SIDE EFFECTS: Hypoglycemia, allergic reactions, local and systemic

STATUS: Prohibited; requires a Therapeutic Use Exemption (TUE)

(d) Gonadal hormones and oral contraceptives**DRUG: Conjugated estrogens****BRAND NAME:** Premarin**INDICATIONS:** Estrogens deficiency states**AVAILABLE FORM:** 0.625mg tablets**DOSAGE:** Generally 0.625mg a day orally, but may vary greatly according to indications**SIDE EFFECTS:** Increased risk of endometrial hyperplasia, neoplasia, cardio-vascular and thrombo-embolic disorders**STATUS:** Permitted**DRUG: Levonorgestrel****INDICATIONS:** Oral contraception**AVAILABLE FORM:** 0.75 mg tablets**DOSAGE:** According to indications**SIDE EFFECTS:** Increase risk of thrombotic and thrombo-embolic disorders, gastro-intestinal symptoms, inter-menstrual bleeding**STATUS:** Permitted**DRUG: Medroxyprogesterone****BRAND NAME:** Depogeston**INDICATIONS:** Irregular menstruation, dysfunctional uterine bleeding, endometriosis**AVAILABLE FORM:** 2 mg tablets**DOSAGE:** According to indications**SIDE EFFECTS:** Thrombo-embolic disorders, irregular uterine bleeding, nausea, breast tenderness**STATUS:** Permitted

DRUG: Norethisterone

INDICATIONS: Oral contraceptives, dysfunctional uterine bleeding, dysmenorrhoea, endometriosis

AVAILABLE FORM: 0.625 mg tablets

DOSAGE: According to indications

SIDE EFFECTS: Nausea, vomit, dizziness, irregular bleeding

STATUS: Permitted

DRUG: Compound levonorgestrel

INDICATIONS: Oral contraception

AVAILABLE FORM: levonorgestrel 0.15 mg + ethinylestradiol 0.03 mg tablets

DOSAGE: According to indications

SIDE EFFECTS: Nausea, vomit, dizziness, breakthrough bleeding, amenorrhea

STATUS: Permitted

(e) **Thyroid Hormone**

DRUG: Levothyroxine sodium

BRAND NAME: Euthyrox

INDICATIONS: Replacement or supplemental therapy in congenital or acquired hypothyroidism of any etiology

AVAILABLE FORM: 0.1mg tablets

DOSAGE: Orally, 0.1 - 0.2 mg 3 times daily

SIDE EFFECTS: Fatigue, weight loss, headache, anxiety, tremors, palpitations

STATUS: Permitted

11. Ophthalmic drugs

(a) Anti-infective agents

DRUG: Chloramphenicol

INDICATIONS: Ocular bacterial infections

AVAILABLE FORM: 8ml eye drops

DOSAGE : Topical: 1 - 2 drops 3-5 times daily

SIDE EFFECTS: Super infection, local irritation, allergic reactions

STATUS: Permitted

DRUG: Ciprofloxacin Hydrochloride

INDICATIONS: Ocular bacterial infections

AVAILABLE FORM: 0.3% 5 ml eye drops

DOSAGE: Topical: 1 - 2 drops, 3 - 5 times daily

SIDE EFFECTS: Allergic reactions, local irritation

STATUS: Permitted

DRUG: Tobramycin

BRAND NAME: Tobrex

INDICATIONS: Ocular bacterial infections

AVAILABLE FORM: 0.3% 5 ml eye drops

DOSAGE: Topical: 1-2 drops every four hours

SIDE EFFECTS: Local irritation and allergic reactions

STATUS: Permitted

(b) Anti-inflammatory/corticosteroid agents

DRUG: Dexamethasone Sodium Phosphate

INDICATIONS: Inflammatory and allergic eye conditions

AVAILABLE FORM: 5ml: 1.25mg (0.025%) eye

drops

DOSAGE: Topical: 1 - 2 drops every hour. Decrease frequency as inflammation subsides

SIDE EFFECTS: Systemic effects, increased intra-ocular pressure and corneal perforation

STATUS: Permitted

DRUG: Prednisolone acetate

BRAND NAME: Pred Forte

INDICATIONS: Inflammatory and allergic eye conditions

AVAILABLE FORM: 5ml: 50mg eye drop

DOSAGE: Topical: 1 - 2 drops 3 - 4 times daily

SIDE EFFECTS: Local irritation, increased intra-ocular pressure, corneal perforation

STATUS: Permitted

(c) Anti-glaucoma preparations

DRUG: Timolol maleate

INDICATIONS: Glaucoma, reduction of intraocular pressure

AVAILABLE FORM: 0.5% 5 ml eye drops

DOSAGE: Topical: 1 drop once or twice daily

SIDE EFFECTS: Local irritation, visual disturbances, palpitation, arrhythmias, headache

STATUS: Prohibited in certain sports#

(d) Miscellaneous

DRUG: Hypromellose

INDICATIONS: Dry, irritated, itchy eyes

AVAILABLE FORM: 15ml (75mg) eye drops

DOSAGE: Topical: 1 - 2 drops as required

SIDE EFFECTS: Nil

STATUS: Permitted

DRUG: Sodium carboxymethylcellulose

INDICATIONS: Dry eyes, burning, stinging

AVAILABLE FORM: 0.4ml: 2mg (0.5%) eye drops

DOSAGE: Topical: 1-2 drops as required

SIDE EFFECTS: Nil

STATUS: Permitted

12. Ear, nose and throat preparations

(a) Nasal decongestants

DRUG: Oxymetazoline hydrochloride

INDICATIONS: Nasal and middle ear congestion

AVAILABLE FORM: 10ml: 5mg nasal spray

DOSAGE: 2 - 3 sprays into each nostril every 8 - 12 hours

SIDE EFFECTS: Burning, stinging, sneezing

STATUS: Permitted

(b) Nasal corticosteroids

DRUG: Fluticasone propionate

BRAND NAME: Flixonase

INDICATIONS: Management of the nasal symptoms of seasonal and perennial allergic and non-allergic rhinitis

AVAILABLE FORM: 50 µg/puff (120dose) nasal spray

DOSAGE: 2 sprays per nostril as a single morning daily dose

SIDE EFFECTS: Headache, epistaxis, nasal and

throat irritation, gastro-intestinal symptoms

STATUS: Permitted

(c)Local otic agents

DRUG: Chloramphenicol

INDICATIONS: Otitis externa, acute or chronic

AVAILABLE FORM: 10ml: 0.25g ear drops

DOSAGE: Ear drop, 2 - 3 drops 3 times daily

SIDE EFFECTS: Local irritation, allergic reactions rare

STATUS: Permitted

DRUG: Ofloxacin

BRAND NAME: Tarivid

INDICATIONS: Otitis externa, acute or chronic

AVAILABLE FORM: 5ml: 15mg ear drops

DOSAGE: Topical: 6 - 10 drops 2 - 3 times daily

SIDE EFFECTS: Local irritation

STATUS: Permitted

DRUG: Neomycin sulfate + Hydrocortisone

INDICATIONS: Otitis externa, acute or chronic

AVAILABLE FORM: 5ml (12,500 IU+2.5mg) ear drop

DOSAGE: 2 - 3 drops 3 times daily

SIDE EFFECTS: Nil

STATUS: Permitted

(d)Throat preparations

DRUG: Cydiodine

BRAND NAME: Hua Su

INDICATIONS: Chronic pharyngo-laryngitis, gingivitis, buccal mucosal ulcer

AVAILABLE FORM: 1.5 mg buccal tablets

DOSAGE: Buccal; 1.5 mg 3 - 5 times daily

SIDE EFFECTS: Allergic reactions, pigmentation of tongue in long term use

STATUS: Permitted

DRUG: Compound borax solution

INDICATIONS: Disinfection of oral cavity

AVAILABLE FORM: 250 ml Solution

DOSAGE: Take a small amount (about 10 ml) plus 5 times the amount of warm water, gargle five minutes 3 - 4 times daily

SIDE EFFECTS: Nil

STATUS: Permitted

DRUG: Chlorhexidine

INDICATIONS: Prophylaxis and treatment of oral disease (eg. gingivitis, buccal mucosal ulcer; pharyngitis)

AVAILABLE FORM: 0.02%: 250 ml Solution

DOSAGE: Gargle 15ml each time in the morning and evening after brushing teeth for 5-10 days

SIDE EFFECTS: Nil

STATUS: Permitted

13. Topical preparations

(a) Anti-infectives

DRUG: Mupirocin

INDICATIONS: Skin infections

AVAILABLE FORM: 2%: 5g ointment

DOSAGE: Apply 3 times a day for up to ten days

SIDE EFFECTS: Localized irritation

STATUS: Permitted

DRUG: Povidone Iodine

INDICATIONS: Disinfection of injured or operation site, infected skin and mucosa

AVAILABLE FORM: 10%: 100 ml/bottle

DOSAGE: Apply to operative area

SIDE EFFECTS: Hypersensitivity reactions

STATUS: Permitted

DRUG: Benzoyl peroxide

BRAND NAME: Benzihex

INDICATIONS: Topical for mild to moderate acne

AVAILABLE FORM: 15g (5%) gel

DOSAGE: Apply to clean skin 1-2 times daily

SIDE EFFECTS: Local irritation and contact dermatitis

STATUS: Permitted

DRUG: Hydrogen peroxide

INDICATIONS: Disinfection

AVAILABLE FORM: 100ml: 3g (3%) solution

DOSAGE: Apply to the wound

SIDE EFFECTS: Nil

STATUS: Permitted

DRUG: Iodine tincture

INDICATIONS: Disinfection of skin

AVAILABLE FORM: 20ml: 0.4g (2%) tincture

DOSAGE: Apply a small amount of iodine tincture with cotton bud to the skin

SIDE EFFECTS: Allergic reactions and dermatitis

rarely seen

STATUS: Permitted

DRUG: Benzalkonium bromide

INDICATIONS: Disinfection of skin, mucosa & wounds.

AVAILABLE FORM: 5% solution

DOSAGE: Dilute to 1:1000-2000 solution before applying

SIDE EFFECTS: Allergic reaction rarely seen

STATUS: Permitted

DRUG: Benzalkonium bromide (Flexible fabric bandage)

BRAND-NAME: BAND-AID

INDICATIONS: Wounds disinfection & protection

AVAILABLE FORM: Patch

DOSAGE: Apply to the wound

SIDE EFFECTS: Nil

STATUS: Permitted

(b)Anti-virals

DRUG: Aciclovir

INDICATIONS: Herpes simplex and herpes zoster

AVAILABLE FORM: 10g: 0.3g (3%) ointment

DOSAGE: Apply every 2 hours in the daytime, 6 times daily for 7 days

SIDE EFFECTS: Keratitis, hypersensitivity reactions

STATUS: Permitted

(c)Anti-fungals

DRUG: Clotrimazole

INDICATIONS: Tinea, candidiasis and pityriasis versicolor

AVAILABLE FORM: 3% 10g cream; 0.15g suppositories

DOSAGE: Apply 2-3 times daily for 2 weeks; Vaginal use: One suppository every evening for 7 days

SIDE EFFECTS: Local irritation

STATUS: Permitted

DRUG: Miconazole

BRAND NAME: Daktarin

INDICATIONS: Skin infections including tinea, candidiasis and dermatophyte infections

AVAILABLE FORM: 2% 20g cream

DOSAGE: Apply twice daily

SIDE EFFECTS: Local irritation

STATUS: Permitted

DRUG: Terbinafine

INDICATIONS: Ringworm, cutaneous candidiasis

AVAILABLE FORM: 1% cream 5g

DOSAGE: Apply once or twice daily to clean, dry skin

SIDE EFFECTS: Local irritation

STATUS: Permitted

(d)Corticosteroids

DRUG: Trimacinalone Acetonide

INDICATIONS: Inflammatory dermatoses, eczema,

neurodermatitis, seborrheic dermatitis

AVAILABLE FORM: 0.025% 10g cream

DOSAGE: Apply a thin layer 2- 3 times daily

SIDE EFFECTS: Local irritation

STATUS: Permitted

14.Immunoglobulins & vaccines

DRUG: Tetanus immunoglobulin

INDICATIONS: After sustaining a tetanus-prone wound, passive immunization against tetanus in adults who have not been immunized against tetanus

AVAILABLE FORM: 250 IU: 2.5ml intra-muscular injection

DOSAGE: I.M. Prevention dosage: 250IU; Therapeutic dosage: 3000 - 6000IU.

SIDE EFFECTS: Local redness, swelling, induration, fever and malaise

STATUS: Permitted

DRUG: Tetanus Antitoxin

INDICATIONS: Prevention and treatment of tetanus

AVAILABLE FORM: 1500IU vial

DOSAGE: Prevention: S.C. or I.M.1500 - 3000IU. For individual with severe injury, dosage could be increased by 1 - 2 times. If the risk of tetanus infection is not eliminated, there should be a repeat injection; Treatment: I. M. or I.V. 50000 - 200000IU for the first time, later injection dosage and interval are depending on individual conditions (skin test is needed before using).

SIDE EFFECTS: Local reactions, hypersensitivity reaction

STATUS: Permitted

15. Parenteral nutrition and replacement therapies

DRUG: Oral rehydration salts I

INDICATIONS: Mild dehydration due to acute or chronic diarrhea

AVAILABLE FORM: 11g+1.75g+0.75g+1.25g powder (Glucose + Sodium chloride + Potassium chloride + Sodium bicarbonate)

DOSAGE: Dissolved a bag (large and small pack) before use in 500 ml warm water, usually drinking 3,000 ml until the diarrhea stopped.

SIDE EFFECTS: Gastro-intestinal symptoms

STATUS: Permitted

DRUG: Oral rehydration salts II

INDICATIONS: Mild dehydration due to acute or chronic diarrhea

AVAILABLE FORM: 10g + 1.75g + 0.75g + 1.45g powder (Glucose + Sodium chloride + Potassium chloride + Sodium citrate)

DOSAGE: Dissolved a bag before use in 500 ml warm water, usually drinking 3,000 ml until the diarrhea stopped.

SIDE EFFECTS: Gastro-intestinal symptoms

STATUS: Permitted

16. Miscellaneous drugs

(a) Local anesthetics

DRUG: Bupivacaine

INDICATIONS: Local anesthesia, epidural anesthetics

AVAILABLE FORM: 5 ml: 37.5 mg injections

DOSAGE: Individualized; depends on the site and circumstances

SIDE EFFECTS: Shock, tremor, convulsion, dizziness, anxiety, nausea, vomiting

STATUS: Permitted

DRUG: Lidocaine

INDICATIONS: Local anesthesia

AVAILABLE FORM: 10 ml: 0.2 g injections

DOSAGE: Individualized; depends on the site and circumstances

SIDE EFFECTS: Allergic reactions, skin rash

STATUS: Permitted

(b) Dental drugs

DRUG: Eugenol

INDICATIONS: Relieve pain in pulpitis

AVAILABLE FORM: 20 ml liquid

DOSAGE: Depends on the circumstances

SIDE EFFECTS: Nil

STATUS: Permitted

**DRUG: Mepivacaine and epinephrine
(Adrenaline)**

INDICATIONS: Local infiltration anesthesia in

dentistry

AVAILABLE FORM: 20 mg/ml:0.01 mg/ml injection

DOSAGE: Individualized dosage; depends on the circumstances

SIDE EFFECTS: Headache, nausea, dyspnea, bradycardia, hypotension, local ischemia, allergic reactions in asthma patients

STATUS: Permitted

(c)Anti-parasite drugs

DRUG: Hydroxychloroquine sulphate

INDICATIONS: Malaria prophylaxis and treatment, hepatic amoebiasis, connective tissue disorders

AVAILABLE FORM: 100 mg tablets

DOSAGE: 100-400 mg/day, divided in 1 or 2 doses, but dosage varies depending upon the diagnosis

SIDE EFFECTS: Gastro-intestinal symptoms

STATUS: Permitted

NOTE: # refers to the drug is prohibited in certain sports.

Beta-blocker is prohibited in competition of the following sports unless otherwise specified.

Archery (FITA and IPC) (also prohibited out of competition)

Gymnastics (FIG)

Modern Pentathlon (UIPM) for Shooting)

Sailing (ISAF) (only the helmsman in match racing)

Shooting (ISSF and IPC) (also prohibited out of competition)

Wrestling (FILA)