

JUEGOS PARALÍMPICOS PEKÍN 2008

GUÍA FARMACOLÓGICA

Nota de la traducción:

Este documento es la versión en castellano realizada por el Comité Paralímpico Español. En caso de discrepancia entre esta versión y su original en inglés publicada por el Comité Organizador para los Juegos de la XXIX Olimpiada, (BOCOG), prevalecerá esta última.

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Introducción

El objetivo del programa de Atención Sanitaria de Pekín 2008 es proporcionar un servicio de farmacia eficiente y efectivo, con una amplia provisión de servicios sanitarios destinados a la Familia Paralímpica.

Este servicio de farmacia estará situado en la Policlínica de la Villa Paralímpica. Los medicamentos sólo serán dispensados en la Farmacia de la Policlínica de la Villa Paralímpica tras la presentación de formularios de prescripción oficiales del BOCOG, rellenos correctamente, en inglés. Los medicamentos sólo se prescribirán para individuos en concreto, en las cantidades necesarias para su uso inmediato y necesario.

Se han establecido procedimientos especiales para la prescripción de medicamentos clasificados como "Prohibidos" para los deportistas. Los doctores que prescriban recetas así como los deportistas para quienes éstas sean emitidas deberán estar familiarizados con el Código Mundial Antidopaje, especialmente con el Estándar Internacional de la Lista Prohibida de 2008. Para más información consúltese la Guía de Control de Dopaje de los Juegos Paralímpicos de Pekín 2008.

Esta Guía muestra la lista de los medicamentos disponibles en la Farmacia de la Policlínica de la Villa Paralímpica. Estos medicamentos serán dispensados de forma gratuita. El Director de la Policlínica se reserva el derecho de revisar cada una de las recetas en lo referente a la cantidad. Si un médico del equipo del NPC desea prescribir un medicamento que no se encuentra en la lista de farmacia, se realizará todo el esfuerzo necesario para facilitar que dicho medicamento esté disponible, pero la receta se servirá al coste del correspondiente NPC.

El registro temporal de los médicos de equipo del NPC durante el período que duren los Juegos Paralímpicos de Pekín 2008 está limitado a permitir la atención de los miembros de su propio equipo, o a miembros de otros equipos si existe acuerdo previo. Para más información sobre este tema consúltese la Guía de Atención Médica de los Juegos Paralímpicos de Pekín 2008.

La Guía Farmacológica de los Juegos Paralímpicos de Pekín 2008, aprobada por el Comité Paralímpico Internacional (IPC) contiene la lista definitiva de medicamentos disponibles en la Farmacia de la Policlínica de la Villa Paralímpica.

El principal objetivo de la Guía Farmacológica es proporcionar a los médicos:

- Información farmacológica básica acerca de cada medicamento.
- Información acerca de la clasificación del medicamento, por ejemplo si la sustancia está prohibida o sujeta a restricciones concretas por el Código Mundial Antidopaje y el Estándar Internacional de la Lista Prohibida de 2008.
- Los diversos procedimientos relativos a la prescripción de medicamentos.

1 Información general

1.1 Funcionamiento de la Farmacia de la Policlínica

La Farmacia de la Policlínica ofrece una amplia gama de medicamentos gratuitos, para el tratamiento de afecciones repentinas y/o agudas. La Farmacia funcionará de 8:00 a 23:00. Se aconseja a los individuos que sufran una afección crónica, que requieran medicación permanente, como catéteres y apósitos, que lleven con ellos cantidades suficientes de esos medicamentos para satisfacer sus necesidades durante toda su estancia en China. Esta Guía de Farmacia detalla la lista de medicamentos disponibles en la Policlínica en todas las áreas terapéuticas. Todos los individuos acreditados para la Zona Residencial de la Villa Paralímpica tendrán acceso a los servicios de Farmacia de la Policlínica de la Villa Paralímpica.

1.2 Información acerca de las recetas

1.2.1 Directrices generales

- Todos los medicamentos se dispensarán exclusivamente previa presentación de la receta.
- Todas las prescripciones tienen que estar manuscritas en inglés en las recetas entregadas con el recetario oficial de la Policlínica y sólo serán dispensados en la Farmacia de la Policlínica de la Villa Paralímpica a partir del 28 de agosto de 2008.
- Los recetarios serán entregados a cada Oficial Jefe Médico de NPC que será responsable de la seguridad de estos recetarios y de entregarlos a los médicos de equipo acreditados. Los talonarios de recetas sólo serán suministrados a los NPCs que hayan presentado la información y los formularios detallados en la Carta de Empleo del NPC y en los Formularios de Registro para los Profesionales Sanitarios.
- La Farmacia de la Policlínica sólo dispensará medicamentos que aparezcan en las recetas procedentes de los recetarios oficiales del BOCOG por médicos acreditados del BOCOG o por médicos acreditados de equipo del NPC. Los médicos de equipo de NPC sólo están acreditados para prescribir medicamentos a miembros de su propio equipo y de cualquier otro equipo con el que tengan un acuerdo formal anterior, tal y como se refleje en el Acuerdo Médico del NPC.
- El formulario original de la receta se conservará en la Farmacia de la Policlínica de la Villa Paralímpica.
- Sólo se puede prescribir un medicamento por paciente en cada formulario de receta.
- Las recetas tendrán una validez máxima de siete días. No se darán reposiciones del medicamento antes de que haya sido utilizada la última prescripción.
- En cada receta se deben incluir los detalles siguientes:
 - Centro de competición y fecha.
 - Nombre y firma del médico, número de acreditación y NPC.
 - Nombre del paciente, número de acreditación y NPC.

- Nombre formal del medicamento.
 - Formato (comprimido, supositorio, inyección).
 - Concentración unitaria.
 - Cantidad.
 - Indicaciones de uso.
 - Declaración de Sustancias Prohibidas (cuando corresponda, véase TUE o ATUE)
-
- Por favor, escríbase claramente las instrucciones de la siguiente manera "20mg tres veces al día" y evítense denominaciones latinas o abreviaturas en las recetas.
 - El nombre del médico que receta (letra de imprenta clara) y la firma son necesarios para todas las recetas.
 - El nombre del deportista (letra de imprenta clara), el número de acreditación y su firma son necesarios para prescribir sustancias "prohibidas" y aquellas que requieren una Exención Abreviada para Uso Terapéutico (ATUE).
 - Es necesaria la firma del farmacéutico de la Policlínica para cualquier sustancia "Prohibida" y sustancias que requieran una Exención Abreviada para Uso Terapéutico (ATUE) prescrita a deportistas por médicos del equipo de un NPC o por médicos del BOCOG.
 - Es necesaria la firma del Director de la Policlínica (o adjunto en quien delegue) para cualquier "Prohibido" prescrito a deportistas por médicos del BOCOG.

Todas las sustancias están clasificadas como:

Sustancias permitidas: Estos medicamentos no están ni prohibidos ni sujetos a limitación alguna en el Código Mundial Antidopaje.

Sustancias "Prohibidas": Se trata de sustancias que, según la Lista Prohibida 2008 del Estándar Internacional del Código Mundial Antidopaje no pueden ser utilizadas por deportistas que vayan a competir en los Juegos Paralímpicos.

1.3 Prescripción de sustancias "Prohibidas" o de sustancias que requieran un ATUE o aprobación por el Comité de TUEs del IPC

Política

Los deportistas deben evitar el uso de sustancias "Prohibidas" de la WADA excepto en situaciones de emergencia en que no haya alternativa al uso de una sustancia "prohibida". Si el medicamento prohibido tiene que ser administrado en una Sede, el Director Médico de la Sede deberá notificarlo al Centro de Dirección Médica del Programa de Atención Médica, quien lo notificará al Director Médico Jefe del BOCOG quien a su vez informará al Comité de TUEs del IPC (TUEC). Si el medicamento es administrado o dispensado en la Policlínica, el Farmacéutico de la Policlínica, o el médico que administra la medicación lo notificará al Director de Policlínico quien a su vez informará al Comité de TUEs del IPC (TUEC). Si un doctor del equipo del NPC administra o prescribe el medicamento, será responsable

de notificarlo al Presidente del TUEC del IPC. En todos los casos, el NPC será el responsable de iniciar la tramitación de la solicitud de Exención por Uso Terapéutico ante el Comité de TUEs del IPC. Para más información sobre este proceso consúltese el Código Antidopaje del IPC y la Guía de Control de Dopaje de los Juegos Paralímpicos de Pekín 2008.

En todos los casos los deportistas deberían consultar con un experto médico con experiencia en el control de dopaje deportivo.

La Farmacia de la Policlínica de la Villa Paralímpica almacenará un número limitado de medicamentos prohibidos. Estos estarán indicados como tales en el sistema informático de la farmacia y se darán etiquetados claramente en el momento de la receta. La clasificación de estos medicamentos se señala en esta guía, al lado de los correspondientes medicamentos. Las inyecciones e infusiones intravenosas están prohibidas en la Policlínica de la Villa Paralímpica, excepto en caso de tratamiento médico grave legítimo y serán administrados por personal del BOCOG.

Procedimientos

1. El médico que emite la receta debe explicar al deportista que le ha recetado una sustancia "Prohibida", y las consecuencias de esta acción.
2. Al médico que receta el medicamento y al deportista que lo recibe (si es consciente y está en condiciones de hacerlo) se les pedirá que firmen y escriban su nombre con mayúsculas en los formularios de prescripción para confirmar que son conscientes de la clasificación de la medicación.
3. Si el medicamento es dispensado en la Farmacia de la Policlínica de la Villa Paralímpica, el Farmacéutico confirmará con el médico que receta que ha prescrito una sustancia "Prohibida"
4. El Farmacéutico de la Policlínica sellará la prescripción con "Prohibida" y la medicación tendrá claramente una indicación que indique "Prohibited".
5. El Director del Policlínico también será informado y refrendará la prescripción del médico cuando éste sea del BOCOG.
6. El médico recetante del NPC o el Director de la Policlínica debe notificar al Comité de TUEs del IPC que se ha dispensado o administrado una sustancia "Prohibida" a un deportista.

2 Importación de Medicamentos y Material Médico

2.1 Importación de medicamentos y material médico al territorio continental chino

La importación de medicamentos debe cumplir con la normativa y legislación chinas relativas al control de los medicamentos. Están prohibidos el opio, la morfina, la heroína, la marihuana así como demás narcóticos y sustancias psicotrópicas. Su importación esta permitida por motivos médicos pero sujeta a la aprobación por las Autoridades Aduaneras de China.

- Las medicinas que viajen con los miembros de la Familia Paralímpicas serán utilizadas personal y directamente durante los Juegos Paralímpicos de Pekín 2008. Las medicinas que no sean consumidas saldrán del país al término de los Juegos. Los medicamentos importados por la delegación como carga serán utilizados sólo por los miembros de la delegación. Los medicamentos que no sean consumidos saldrán del país al término de los Juegos.
- Las medicinas utilizadas directamente por las personas o animales de los Juegos Paralímpicos de Pekín son artículos libres de impuestos.
- Los equipos de material médico y correspondientes suministros importados por los miembros de la Familia Paralímpica serán declarados en la Aduana. Aquellos utilizados directamente para los Juegos Paralímpicos serán autorizados a entrar de forma temporal y deberán sacarse del territorio después de los Juegos.
- Los equipos de material médico que entren como bienes serán autorizados contra un depósito o carta de garantía de un banco emitida junto con documentos presentados por el BOCOG. Se proporcionará información detallada sobre esta carta en el Manual de Aduanas y Mercancías para los Juegos Paralímpicos de Pekín 2008.
- Los materiales que entren de forma temporal para los Juegos Paralímpicos de Pekín, con la aprobación de las Autoridades Aduaneras del distrito, serán exportados fuera del territorio dentro del año siguiente después de la fecha de la primera entrada pero el plazo para la salida no será más tarde de marzo de 2009.

Durante su estancia, las delegaciones de los NPCs son responsables del almacenamiento de los medicamentos que introducen en China. El BOCOG no almacenará ni controlará de ninguna manera estos medicamentos. Los medicamentos deben conservarse en su embalaje original hasta que sean usados y deberán estar claramente etiquetados. Si los deportistas traen sus propios medicamentos, deben traer también la receta correspondiente. El objetivo de estos medicamentos es el tratamiento de los miembros de los equipos de los respectivos NPCs y no serán suministrados a nadie de fuera del equipo, excepto en los casos en que exista un previo acuerdo.

Los Comités Paralímpicos Nacionales también deberán cumplir con la normativa y procedimientos estipulados en la Notificación de Permiso Aduanero para los Materiales Olímpicos de Pekín y en el Manual de Aduanas y Mercancías para los Juegos Olímpicos/Paralímpicos de Pekín

2008 (agosto de 2007) y deberán completar el formulario solicitado por el Control de Aduanas de China.

La Notificación de Permiso Aduanero para los Materiales Olímpicos de Pekín se encuentra en el sitio web de Control de Aduanas de China: <http://www.customs.gov.cn/YWStaticPage/6885/de09274c.htm>.

El Manual de Aduanas y Mercancías para los Juegos Olímpicos / Paralímpicos de Pekín 2008 puede bajarse del sitio web oficial del BOCOG: <http://en.beijing2008.cn/news/official/bulletin/media/n214144391.shtml>

2.2 Importación de medicamentos y material médico a Hong Kong

En la Región Administrativa Especial de Hong Kong (HKSAR) se aplicarán procedimientos diferentes en relación a la importación y exportación de medicamentos. Para facilitar el proceso se recomienda encarecidamente a las delegaciones de los NPCs que entren y saquen los fármacos como artículos personales en su equipaje personal. Se requerirá información como la lista de fármacos con sus nombres genéricos, las cantidades de los medicamentos y la lista de los potenciales usuarios (para fármacos humanos) certificada por un médico en ejercicio del país de origen. Será necesario realizar gestiones especiales cuando se importen /exporten fármacos fuera del equipaje acompañante. Las directrices, así como demás detalles del procedimiento, se encuentran publicados y disponibles en el sitio web de la competición de Hípica: http://www.equestrian20008.org/eng/guideline_e.aspx.

- No existe una normativa específica que limite la importación y venta de instrumentos y material médico, excepto para aquellos que contengan sustancias farmacéuticas o radioactivas, o que emitan radiación ionizada.
- Para la importación, posesión y uso de sustancias radiactivas y aparatos que irradian, los NPCs tendrán que cumplir con los requisitos de la correspondiente normativa de HKSAR. La información y detalles sobre los requisitos para este tipo de importaciones se encuentran en el sitio web de la competición de Hípica http://www.equestrian20008.org/eng/guideline_e.aspx

Todos los NPCs deben observar que la importación, el uso y/o prescripción a deportistas sin previa aceptación de una Exención por Uso Terapéuticos (TUE) o Exención Abreviada por Uso Terapéutico (ATUE) de una sustancia prohibida para el uso en el deporte de acuerdo con la Lista Prohibida de 2008 del Estándar Internacional del Código Mundial Antidopaje están en contravención directa del Código Mundial Antidopaje y del Código Antidopaje del IPC aplicable a los Juegos Paralímpicos de Pekín 2008 e incumple las políticas de Atención Médica del BOCOG.

3 Guía de farmacia

3.1 Funcionamiento de la Farmacia de la Policlínica

Los medicamentos en la Guía de Farmacia están dispuestos según una clasificación farmacoterapéutica. Se incluye la siguiente información de prescripción:

Fármaco

Nombre genérico del fármaco

Principales indicaciones: se incluyen indicaciones comunes, aunque el fármaco se puede usar para otros fines si está justificado desde el punto de vista médico.

Formato disponible: dosis unitaria y formulación.

Dosis: Se incluye la dosis habitual recomendada para un adulto sano con funciones renal y hepática normales.

Efectos secundarios: Se enumeran los efectos secundarios más comunes de cada fármaco.

Clasificación: todas las sustancias están clasificadas como Permitidas, Prohibidas o sujeta a Exención Abreviada por uso Terapéutico (ATUE) basado en el Código Mundial Antidopaje o requieren aprobación del Comité Médico del IPC (IPC MC).

Los fármacos proporcionados en Hong Kong y Qingdao pueden ser sustituidos por genéricos equivalentes.

3.2 Clasificaciones farmacoterapéuticas

1. AGENTES ANTIMICROBIANOS

- (a) Antibióticos
 - (i) Penicilinas
 - (ii) Cefalosporinas
 - (iii) Quinolonas
 - (iv) Tetraciclinas
 - (v) Macrólidos
 - (vi) Antibióticos varios
- (b) Agentes antifúngicos
- (c) Agentes antivirales
- (d) Tricomonacidos

2. FÁRMACOS CARDIOVASCULARES

- (a) Fármacos para la hipertensión (anti-hipertensivos)
 - (i) Bloqueantes de los receptores betaadrenérgicos
 - (ii) Bloqueantes de los canales de calcio
 - (iii) Inhibidores de la enzima convertora de la angiotensina (ACE)

- (iv) Bloqueantes de los receptores alfa 1 adrenérgicos
- (b) Inhibidores de la agregación plaquetaria
- (c) Cardioglucósidos
- (d) Agentes antiarrítmicos
- (e) Agentes simpatomiméticos

3. DIURÉTICOS Y OTROS FÁRMACOS PARA DESORDENES TRACTO-URINARIOS

- (a) Diuréticos
- (b) Diuréticos a base de tiazida

4. FÁRMACOS HEMATOLÓGICOS

- (a) Fármacos con hierro
- (b) Anticoagulantes

5. FÁRMACOS RESPIRATORIOS

- (a) Preparados antitusivos / para la tos
- (b) Broncodilatadores
- (c) Fármacos antiinflamatorios

6. FÁRMACOS GASTRO-INTESTINALES

- (a) Fármacos, antácidas
- (b) Antidiarreicos
- (c) Laxantes
- (d) Agentes antiespasmódicos
- (e) Anti-eméticos

7. FÁRMACOS DEL SISTEMA NERVIOSO CENTRAL

- (a) Agentes anticonvulsivos
- (b) Antidepresores y antipsicóticos
- (c) Agentes antiparkinsonianos
- (d) Anxiolíticos
- (e) Antidepresivos
- (f) Hipnóticos

8. FÁRMACOS ANAGÉSICOS Y ANTIINFLAMATORIOS (INSAID)

- (a) Agentes antiinflamatorios no esteroideos
- (b) Agentes para la gota
- (c) Relajantes musculares

9. FÁRMACOS ANTIISTAMÍNICOS

10. HORMONAS Y FÁRMACOS SINTÉTICOS SUSTITUTOS

- (a) Corticosteroides
- (b) Hipoglucémicos (oral)
- (c) Hipoglucémicos (parenteral)
- (d) Hormonas Gonadales y anticonceptivos orales
- (e) Hormona Tiroidea

11. FARMACOS OFTALMOLÓGICOS

- (a) Agentes antimicrobianos
- (b) Agentes corticosteroides antiinflamatorios
- (c) Preparativos contra el glaucoma
- (d) Varios

12. PREPARADOS PARA EL OIDO, NARIZ Y GARGANTA

- (a) Descongestivos nasales
- (b) Corticosteroides nasales
- (c) Agentes óticos locales
- (d) Preparados para la garganta

13. PREPARADOS TÓPICOS

- (a) antimicrobianos
- (b) Antivirales
- (c) Antifúngicos
- (d) Corticosteroides

14. INMUNOGLOBULINAS Y VACUNAS

15. TERAPIAS DE NUTRICIÓN PARENTERAL Y SUSTITUTIVOS

16. FÁRMACOS VARIOS

- (a) Anestésicos locales
- (b) Fármacos dentales
- (c) Fármacos contra los parásitos.

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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(b) Anti-fungals	20
(c) Anti-virals	21
(d) Trichomonacides	21
2. Cardiovascular Drugs	21
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(ii) Calcium channel blocker	22
(iii) Angiotensin-converting enzyme (ACE) inhibitor	22
(iv) Alpha1-adrenergic blockers	22
(b) Anti-anginal drugs	23
(c) Cardiac glycosides	24
(d) Anti-arrhythmic drugs	24
(e) Sympathomimetic drugs	24
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(a) Loop diuretics	25
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(a) Anti-tussives/cough preparations	27
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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: Bamyf

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)