

Attention: To prevent inadvertent doping

The following is advice and caution for all athletes who may compete in competitions where there is doping testing.

A person may take a drug or supplement without knowing that it contains a prohibited substance and be charged with a doping rule violation. This is "inadvertent doping". Even in this case, the athlete is usually subject to serious sanctions, such as suspension or record cancellation, so please be careful.

First, please understand that anything that goes into your mouth, including medications, drinks, supplements, and food, may contain prohibited substances. **Any taking or ingesting of these items is the sole responsibility of the athlete.**

When a physician prescribes a medication

You must inform your doctor that you may be subject to a doping test and get a prescription for medication that does not contain prohibited substances. **Global DRO (<https://www.globaldro.com/Home>) is a good reference for this.** Athletes who may be tested for doping **should consult this site to ensure that they have been prescribed medicine that does not contain any prohibited substances.** Also, be sure to get a printout of any medication that you are prescribed and keep a record of it. This will help you in case you are charged with a doping rule violation.

Check for prohibited substances before taking medications.

Please be sure to contact the anti-doping agency in your country or search the Global DRO website (<https://www.globaldro.com/Home>). Global DRO is a site where you can enter the name of the drug you have been prescribed to find out if it is available for use. This site provides up-to-date information on prohibited substances based on WADA's list of prohibited substances.

Conclusion

If an athlete is ever charged with a doping rule violation, the burden of proof is on the athlete. Therefore, when you receive a prescription for a medication, or purchase a medication, keep a printed record of it and keep it in a safe place. Also, if you make any enquiries with a sports pharmacist, it could be helpful later if you keep an email history of the correspondence.

Again, it is the responsibility of the athlete himself/herself to take/administer all medications, drinks, supplements, and food. It is not the responsibility of other parties, so make sure you get the correct information yourself.