

Hay fever medications: Permitted



Antihistamine tablets

(acrivastine, cetirizine, fexofenadine, loratadine)



Nasal sprays and drops

- Glucocorticoid nasal sprays
(beclometasone, betamethasone, budesonide, fluticasone)
- Antihistamine nasal spray (azelastine)
- Nasal drops (xylometazoline)



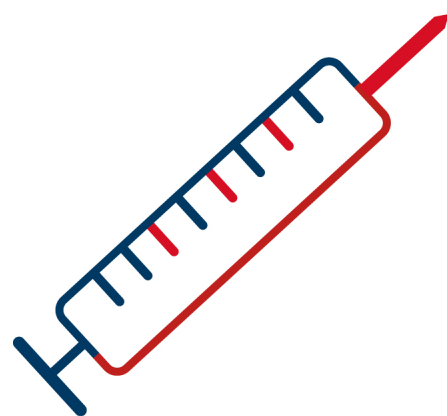
Eye drops

(sodium cromoglicate)

Check your medications



Hay fever medications: Prohibited In-Competition



Intramuscular triamcinolone injection

Refer to the hay fever guidelines on the UKAD website



Prednisolone tablets

Requires a TUE – contact UKAD
(tue@ukad.org.uk)



Decongestant tablets containing pseudoephedrine (PSE)

Refer to the Prohibited List Q&A section of the WADA website

Check your medications

