

Notice for ABA website 10 October 2014

2015 WADA Prohibited List released

The World Anti-Doping Agency (WADA) has released the 2015 Prohibited List which will come into effect on 1 January 2015.

It is important to familiarise yourself with the List to ensure you are ready for the change.

The change of most interest to many athletes is to pseudoephedrine, a substance commonly used to treat nasal and sinus congestion. WADA has removed pseudoephedrine from the 2014 Monitoring Program and it will remain on the Prohibited List. For athletes this means pseudoephedrine concentrations found in urine above 150 microgram per millilitre are prohibited in--competition in all sports.

Medications that contain pseudoephedrine like Sudafed, Codral, etc. must be ceased 24 hours prior to competition.

Other changes for 2015 seek to provide greater clarity to the List, with the majority of amendments being of a technical nature, including re-categorising and improving the terminology of existing substances and methods.

Further information about the new Prohibited List can be found on the Australian Sports Anti-Doping Authority [website](#) and WADA [website](#).

You can use the [Check Your Substances](#) tool on the ASADA website to find out the status of Australian medications. Check your Substances will be updated to reflect the 2015 changes on 19 December 2014.