

# List of examples of permitted medications

(for mild illnesses, minor ailments or injuries etc.)



**2012**

The examples of permitted medications, listed below according to main symptoms, are just a small selection of the drugs included in the Austria Codex. The listed medications may be used by athletes without having to apply for a Therapeutic Use Exemption (TUE).

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### Introductory notes

- **In the case of obvious symptoms, athletes should always consult a physician** (for example in the presence of fever, sore throat, purulent mucous and similar symptoms). If an illness is serious or only mild can't be recognized by a layman. Therefore '**self-medication**' may put athletes' health at risk. Taking part in a competition despite seemingly harmless symptoms may not only limit the ability to perform under such conditions, but also result in **serious damage to health**, which would mean the end of their athletic career.
- It should be explicitly noted that selecting medications to be included in the "List of examples of permitted medications" represents **no indication whatsoever of the value of other similar drugs (medicinal products including generics)**. Some of the drugs that have been included in the list are available from pharmacies without prescription, while others must be prescribed by a physician. The latter are indicated by **(P)**.
- Please note that the medications are listed by the **name under which they are available in Austria**. Medications purchased in other countries, while having the same name, may contain other substances. Please note, that '**completely herbal products**' like tea-mixtures, or other '**natural agents**' may contain substances that are listed on the prohibited list (e.g. ephedrine). Be sure to purchase only products that can be used without a worry (especially if you are a member of a testpool).
- **Physicians should note** that the list of examples below represents no sort of guideline whatsoever, so that **it is left up to the discretion of the physician to decide** on the necessary therapy with medicinal products including generics - while taking into consideration the applicable Prohibited List issued by WADA.
- The **NADA website** additionally provides you with a means of verifying for compliance with applicable doping regulations any medications that are authorized for marketing in Austria. You will find this information at [www.nada.at/Medikamentenabfrage](http://www.nada.at/Medikamentenabfrage) and [www.medis.at](http://www.medis.at).

## 1. Allergies

Aerius Filmtabletten (P), Fenistil-Dragees (P), Fenistil retard-Kapseln (P), Fenistil-Lotion, Soventol-Gel, Xyzall-Filmtabletten (P), Zyrtec-Filmtabletten (P)

## 2. Allergic conjunctivitis, dryness of the eyes

Coldistan-Augentropfen (P), Lomusol-Augentropfen (P), Protagent-Augentropfen

## 3. Allergic rhinitis / hay fever

Coldistan-Nasentropfen (P), Lomusol-Nasenspray (P), Nasivin-Nasentropfen, Rhinon-Nasentropfen (P), Rhinoperd comp.-Nasentropfen (P)

## 4. Diarrhoea

Imodium-Kapseln (P), Enterobene (P), Normhydral lösliches Pulver, Normakut Brausetabletten

## 5. Infections with fever

Aspirin-Tabletten, Aspirin + C-Brausetabletten, Aspro mit Vitamin C-Brausetabletten, ASS-Tabletten, Duan-Tabletten, Grippostad C-Kapseln, Iromin-Tabletten, Mexalen-Tabletten, Paracetamol-Tabletten

## 6. Sore throat

Bradosol-Lutschtabletten, Dobendan-Lutschtabletten, Halset-Lutschtabletten, Hexoral-Lösung zum Gurgeln, Neo-Angin-Pastillen

## 7. Skin abrasions

Betasisodona Puder-Spray, Betasisodona Wund-Gel, Nebacetin-Puder (P), Nebacetin-Salbe (P), Vitawund-Salbe

## 8. Cough

Paracodin-Tropfen (P), Prospan-Hustentropfen, Scottopect-Gelee, Scottopect-Hustensaft, Wick Formel 44 Plus Hustenlöser-Sirup, Wick Formel 44 Plus Husten-Pastillen

## 9. Immune stimulation (in frequent respiratory infections)

Bronchovaxom-Kapseln (P), Echinacea „ratiopharm“-Tabletten, Echinacin „Madaus“-Tabletten, Esberitox-Tabletten

## **10. Jet-Lag**

Circadin Retardtabletten (P)

## **11. Headache**

Aspirin-Kautabletten, Aspro Classic-Tabletten, ASS-Tabletten, Iromin-Tabletten, Mexalen-Tabletten, Paracetamol-Tabletten, Parkemed Tabletten (P)

## **12. Stomach ache / heartburn**

Alucol-Tabletten, Maalox-Kautabletten (P), Omeprazol (P), Rennie Antacidum Peppermint-Lutschtabletten, Riopan-Kautabletten, Pantoloc (P), Pantoprazol (P), Solugastril-Tabletten

## **13. Menstrual pain**

Buscopan compositum-Dragees (P), Iromin-Tabletten, Mexalen-Tabletten, Paracetamol-Tabletten

## **14. Nose bleed**

Blutstillende Schwämmchen intranasal („Erste Hilfe bei Nasenbluten“ Fa. Kwizda), Mueller Nasal Sponges

## **15. Topical mycoses**

Canesten-Bifonazol-Creme (P), Canesten-Clotrimazol-Creme (P), Daktarin-Creme (P), Mycopol-dermatologische Lösung (P), Mycostatin-Salbe (P), Pevaryl-Creme, Pevaryl-Hautmilch (P)

## **16. Motion sickness / nausea**

Neo-Emedyl-Dragees, Paspertin-Tropfen (P), Travel-Gum Kaugummi-Dragees

## **17. Sleeping disorders**

Baldracin-Tropfen, Baldrian-Dragees, Halcion Tabletten (P), Ivadal-Filmtabletten (P), Xanor-Tabletten (P)

## **18. Pain (muscles, joints)**

Topical application:: Dolo-Menthoneurin-Gel, Etrat-Sportgel, Reparil-Gel, Trauma-Salbe kühlend, Trauma-Salbe wärmend, Traumaplant-Salbe, Voltaren Emulgel-Gel (P)

Oral administration: Brufen-Filmtabletten (P), Novalgin-Tropfen (P), Proxen-Tabletten (P), Seractil-Tabletten (P), Voltaren-Filmtabletten (P), Xefo-Tabletten (P)

**19. Cold**

Coldan-Nasentropfen (P), Nasivin-Nasentropfen, Otrivin-Nasentropfen, Otrivin-Nasenspray, Rhinon-Nasentropfen (P), Rhinoperd-Nasentropfen (P)

**20. Indigestion / nausea / flatulence**

Helopanflat-Dragees, Helopanzym-Dragees, Iberogast-Tropfen, Motilium-Filmtabletten (P), Panzynom-forte Filmtabletten

**21. Constipation**

Agaffin-Abführigel, Dulcolax-Dragees, Laevolac (orale Lösung) (P)