

# List of examples of permitted medications

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



**2021**

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).

Version: **01. January 2021**, subject to change.

### 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. The participation in a competition despite seemingly harmless symptoms is not recommended. Under these circumstances the performance is limited and may even cause **serious damage to health**, with the consequence of a possible end of the sports 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 **(RP)**.
- 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 (for example ephedrine, higenamine). 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 <http://www.nada.at/Medikamentenabfrage>. This service is also available as "**MedApp**" for iOS and Android. Drugs or substances which are not included in this database, were either purchased abroad or are not listed in the Austria Codex (eg nutritional supplements, many homeopathic preparations).

## 1. Allergies

Allegra-Filmtabletten, Clarityn-Tabletten, Cetirizin -Filmtabletten (Actavis/Genericon), Desloratadin-Filmtabletten (Genericon/+Pharma/Sandoz), Diproderm Creme/Salbe (RP), Fenistil-1 mg-Dragees, Soventol-Gel, Xyzall-Filmtabletten (RP), Zyrtec-Filmtabletten (RP)

## 2. Allergic conjunctivitis, dryness of the eyes

Aconex-Augentropfen, Allergo-Comod-Augentropfen, Allergodil-Augentropfen (RP), Coldan-Augentropfen, Coldistan-Augentropfen (RP), Livostin-Augentropfen, Lomusol-Augentropfen (RP), Protagent-Augentropfen

## 3. Allergic rhinitis / hay fever

Allergo-Comod-Nasenspray, Allergodil-Nasenspray (RP), Coldistan-Nasentropfen (RP), Dymista-Nasenspray (RP), Livostin-Nasenspray, Lomusol-Nasenspray (RP), Nasivin-Nasentropfen, Rhinon-Nasentropfen (RP)

## 4. Diarrhoea

Antibiophilus-Kapseln, Imodium-Kapseln, Normhydral lösliches Pulver, Tannalbin-Tabletten

## 5. Infections with fever

Aspirin-Tabletten, Aspirin+C-Brausetabletten, Aspro Grippal-Brausetabletten, ASS-Genericon-Tabletten, Grippostad C-Kapseln, Influbene-Erkältungsgetränk, Mexalen-Tabletten, Mexavit-Brausetabletten, Neo Citran-Pulver (RP), Paracetamol-Tabletten

## 6. Sore throat

Halset-Lutschtabletten, Hexoral-Lösung zum Gurgeln, Lemocin-Lutschtabletten, Neo-Angin-Pastillen, Strepsils-Lutschtabletten und Spray, Tantum verde-Lösung zum Gurgeln, Tantum verde-Mundspray, Tantum verde-Pastillen

## 7. Skin abrasions

Baneocin-Puder (RP), Bepanthen plus-Creme, Bepanthen plus-Spray, Betadona Puder-Spray, Betadona-Wund-Gel, Betaisodona-Lösung, Octenisept-Lösung zur Wund- und Schleimhautdesinfektion, Vitawund-Salbe

## 8. Cough

Bronchostop-Hustenpastillen, Bronchostop Guaifenesin-Hustentropfen, Easybronchial stop forte-Sirup, Paracodin-Tropfen (RP), Prospan-Hustentropfen, Scottopect-Gelee, Scottopect-Hustensaft, Tussastopp-Lösung zum Einnehmen, Tussimont-Hustentropfen, Wick Formel 44 Hustenlöser-Sirup, Wick Formel 44 Husten-Pastillen

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

Bronchovaxom-Kapseln (RP), Echinacin „Madaus“-Flüssigkeit zum Einnehmen, Esberitox-Tabletten, Kaloba-Filmtabletten, Luivac-Tabletten (RP), Urovaxom-Hartkapseln (RP)

## **10. Jet-Lag** (see also Sleeping disorders)

Circadin 2 mg-Retardtabletten (RP)

## **11. Headache**

Aspirin-Kautabletten, Aspro Classic-Tabletten, ASS-Genericon-Tabletten, Ibumetin 200 mg-Dragees, Ibumetin 400 mg forte-Filmtabletten, Mexalen-Tabletten, Nurofen rapid-Weichkapseln, Paracetamol-Tabletten, Parkemed-Tabletten (RP)

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

Gaviscon-Kautabletten, Gaviscon-Liquid, Maalox-Kautabletten (RP), Omeprazol (RP), Pantoloc (RP), Pantoprazol (RP), Pantozol Control Tabletten, Rennie Antacidum Peppermint-Lutschtabletten, Riopan-Kautabletten, Riopan-Magengel, Talcid-Kautabletten

## **13. Menstrual pain**

Buscopan plus Paracetamol-Filmtabletten, Dismenol 200 mg-Filmtabletten, Dismenol 400 mg forte-Filmtabletten, Ibumetin 200 mg-Dragees, Ibumetin 400 mg forte-Filmtabletten, Mexalen-Tabletten, Paracetamol-Tabletten

## **14. Nose bleed**

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

## **15. Mycoses of the skin**

Candio-Hermal soft Paste (RP), Canesten-Bifonazol-Creme, Canesten-Clotrimazol-Creme, Daktarin-Creme, Mycostatin-Salbe (RP), Pevaryl-Crème

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

Neoemedy-Dragees, Travelgum-Kaugummi-Dragees, Vertirosan-Dragees (RP), Vertirosan-B6-Mantel-Dragees (RP), Zintona-Kapseln

## **17. Sleeping disorders** (see also Jet-Lag)

Baldrian-Dragees, Baldriparan für die Nacht-überzogene Tabletten, Dr. Böhm Ein- und Durchschlaf-Dragees, Halcion-Tabletten (RP), Hoggar-Night-Schmelztabletten, Hova-Filmtabletten, Ivadal-Filmtabletten (RP), Xanor-Tabletten (RP)

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

Local application: Dolobene-Gel, Dolo-Menthoneurin-Gel, Etrat-Sportgel, Ketospray 10%-Spray **(RP)**, Reparil-Gel, Trauma-Salbe kühlend, Trauma-Salbe wärmend, Traumaplant-Salbe, Voltaren Emulgel-Gel **(RP)**, Voltadol-Schmerzgel, Voltadol-forte-Schmerzgel

Oral administration: Aleve-Filmtabletten, Brufen-Filmtabletten **(RP)**, Ibumetin 200 mg-Dragees, Ibumetin 400 mg forte-Filmtabletten, Novalgin-Tropfen **(RP)**, Proxen-Tabletten **(RP)**, Seractil-Tabletten **(RP)**, Voltaren-Filmtabletten **(RP)**, Xefo-Tabletten **(RP)**

## **19. Cold**

Coldan-Nasentropfen, Nasivin-Classic-Nasentropfen, Nasivin-Spray, Nasivin sanft Spray, Otrivin-Gel, Otrivin-Nasentropfen, Otrivin-Nasenspray, Ratiosoft-Nasenspray, Ratiosoft plus Dexpanthenol-Nasenspray, Rhinon-Nasentropfen **(RP)**, Rhinospray plus ätherische Öle-Nasenspray, Wick SinexAloe-Nasenspray

## **20. Indigestion / nausea / flatulence**

Antiflat-Kautabletten, Buscopan-Dragees, Buscopan plus Paracetamol-Filmtabletten, Buscomint-Weichkapseln, Ceolat-Lösung zum Einnehmen **(RP)**, Helopanflat-Dragees, Iberogast-Tropfen, Kreon-Kapseln **(RP)**, Lefaxin-Kautabletten, Motilium-Filmtabletten **(RP)**, Paspertin-Tabletten **(RP)**

## **21. Constipation**

Agaffin-Abführgel, Dulcolax-Dragees, Dulcolax-Zäpfchen, Guttalax-Tropfen, Lecicarbon-Zäpfchen, Laevogo Lösung zum Einnehmen, Laevolac-orale Lösung **(RP)**, Molaxole-Pulver zur Herstellung einer Lösung, Movicol-Liquid orange-Konzentrat zur Herstellung einer Lösung