

# TRAMADOL

Factsheet for athletes & athlete support personnel

From 1 January 2024, **tramadol** will be added to the Prohibited List. It will only be prohibited during the in-competition period.

## What is **tramadol**?

 **Tramadol** is a type of medication that is used to relieve and treat moderate to severe pain.

## What is changing?

 From 1 January 2024, **tramadol** has been added to the S7 category (narcotics) of the Prohibited List, which are banned in competition only.

## Why is this news important?

 Monitoring data shows that **tramadol** is being used in certain sports. Athletes, coaches, medical professionals and wider support personnel need to be aware of this change to avoid athletes testing positive inadvertently.

## Why is **tramadol** banned?

 **Tramadol** is an opioid used as a treatment for moderate to severe pain. **Tramadol** can also cause negative side effects, such as physical dependence, opiate addiction, and overdose issues, which poses a health risk to athletes. In addition, some studies suggest that **tramadol** may enhance physical performance in certain sports.

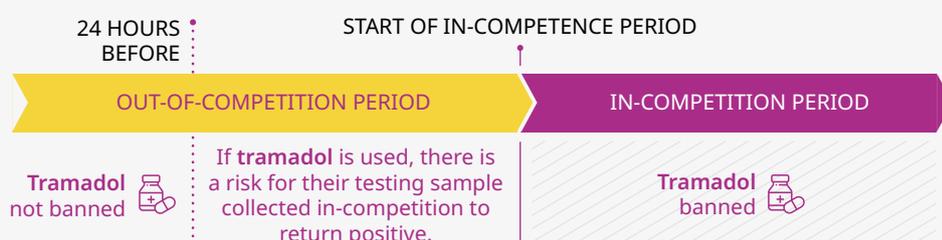
## What is the in-competition period?

 The in-competition period usually begins at 11:59 PM the day before the competition starts. Athletes should check with their International Federation (IF) to see if the in-competition period is different for their sport.

## What if an athlete is prescribed **tramadol**?

If an athlete needs to use **tramadol** during the in-competition period to treat a diagnosed medical condition, they must apply for a therapeutic use exemption (TUE). Athletes and athlete support personnel (ASP) should contact their National Anti-Doping Organization (NADO), International Federation (IF) or the Major Event Organization (MEO) for more information on how and when to apply.

If **tramadol** is used within 24 hours before the start of the in-competition period, athletes should be aware that there is a risk for their testing sample collected in-competition to return positive. The athlete, with the help of their physician, should prepare their medical file in case a retroactive TUE application is necessary.



**Important:** Athletes and their medical professionals must have the necessary medical documentation to support their TUE application. For more information, please consult the [Checklist for a TUE application: Pain Management](#).

If the TUE is not approved and the athlete tests positive in-competition, the athlete may face a sanction, regardless of when they used **tramadol**.

If an athlete uses **tramadol** more than 24 hours before the in-competition period, it is unlikely that an in-competition test result will be positive.

## What do athletes need to do?

- **Be aware** of and understand the risks of inadvertent doping related to **tramadol** usage
- **Speak** with their medical professional and athlete support personnel to ensure they are aware of the change in status for **tramadol**
- **Explore** the options for a non-prohibited alternative with their medical professional
- **Check** the competition and the IF rules to understand when the in-competition period begins
- **Prepare** a complete medical file in case a TUE is needed and check with their NADO, RADO, IF or MEO for the TUE application process
- **Learn** more about the Prohibited List and TUEs on ADEL