

## Anti-Doping: Glucocorticoid changes

From 1 January 2022 **all** Glucocorticoid (GC) injections will be prohibited in-competition.

In 2021 GCs were prohibited in-competition when administered by oral, intravenous, intramuscular, or rectal route.

### Background

Glucocorticoid (GC), “cortisone”, injections are commonly prescribed for the management of medical conditions which include:

- inflammation in joints, bursa or tendon sheaths;
- for neural impingement syndrome and disc pathology;
- for severe allergies such as anaphylaxis.

### In-Competition

From 1 January 2022 **all** GC injections will be prohibited in-competition. Previously some routes of GC injection were permitted in-competition (e.g., local, joint) but now all injectable GCs will be prohibited in-competition making their classification consistent with oral GC preparations.

If you are competing in a netball tournament at a level that drug testing can occur, and if you are prescribed a GC injection during the in-competition period, you will require a therapeutic use exemption (TUE).

### Out-of-Competition.

GCs are allowed to be used out-of-competition; however, they cannot be in your system while competing. Even if you have an injection in the off-season, or between games, you can still test positive to GCs in-competition.

THE MAXIMUM MANUFACTURER’S LICENSED DOSES.

Administration route	GC	Washout period *
ORAL	All GC	3 days
	except: triamcinolone	10 days
INTRAMUSCULAR	Betamethasone, dexamethasone, methylprednisolone	5 days
	Prednisolone, prednisone	10 days
	Triamcinolone acetonide	60 days
LOCAL INJECTIONS (intra-articular, periarticular, peritendinous...)	All GCs	3 days
	except: triamcinolone acetonide, triamcinolone hexacetonide, prednisolone, prednisone	10 days

*Reference: Ventura R, Daley- Yates P, Mazzoni I, et al. A novel approach to improve detection of glucocorticoid doping in sport with a new guidance for physicians prescribing for athletes. British Journal of Sports Medicine 2021;55;631-642.*

\* **Washout Period** refers to the time from the last administered dose to the time of the start of the in-competition period (i.e. beginning at 11:59 pm on the day before a competition in which the athlete is scheduled to participate). This is to allow elimination of the glucocorticoid to below the reporting level. Wash out periods vary depending on the type used.

Depending on the GC used and type of injection it may remain in your system for up to 10 weeks. An athlete could have an injection in the off-season and still test positive to GCs in an in-competition test.

If you use a GC out- of-competition, you should keep a medical record of the injection. If you test positive you can then use this to verify when the injection was given and can apply for a retroactive TUE.

### Medical Record

Medical records are required when an athlete applies for a TUE and should be prepared for both washout period injections and for in-competition injections. Medical records must include:

- a medical diagnosis where GC injection is a recognised treatment. This should be sufficient for the TUE committee to make the diagnosis independently.
- a permitted alternative was tried, not available, or not considered the best treatment option
- the GC type given, dose and route (such as a copy of the radiologist report if the injection is given under ultrasound or X-ray guidance).

### Conclusion

From 1 January 2022 Glucocorticoid (GC) injections are banned in-competition.

You should always discuss any treatment with your doctor and check any medications you are taking on GlobalDRO.