Hay fever medications: Permitted

*According to the 2019 WADA Prohibited List*

- **Antihistamine tablets**
  (acrivastine, cetirizine, fexofenadine, loratadine)

- **Nasal sprays and drops**
  - Glucocorticoid nasal sprays
    (beclometasone, betamethasone, budesonide, fluticasone)
  - Antihistamine nasal spray (azelastine)
  - Nasal drops (xylometazoline)

- **Eye drops**
  (sodium cromoglicate)

Check your medications
Hay fever medications: Prohibited In-Competition

*According to the 2019 WADA Prohibited List*

Intramuscular triamcinolone injection
Refer to the hay fever guidelines on the UKAD website

Prednisolone tablets
Requires a TUE – contact UKAD (tue@ukad.org.uk)

Decongestant tablets containing pseudoephedrine (PSE)
Refer to the Prohibited List Q&A section of the WADA website

Check your medications

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