

Glucocorticoid Added to Prohibited List 2022

GAA Information Sheet for E-Learning2022

Introduction

Glucocorticoids are a commonly used and very effective medication for a variety of medical conditions. They are administered primarily for their potent anti-inflammatory and immune-suppressive effects. They are readily available in various formulations and may be administered via different routes for local or systemic treatment. Common examples of GCs include hydrocortisone and steroidal inhalers such as Budesonide (Pulmicort).

Prohibited List 2022 Key Points:

- GCs have been **added to the Prohibited list for 2022**
- GCs are **permitted out-of-competition by any route of administration.**
- Out-of-competition administration of GCs may however result in an AAF during an in-competition test (Washout Period)
- All GCs are **prohibited in-competition** when administered by any **injectable, oral or rectal route.**
- Post-test TUE application for therapeutic use of a GC is permitted in accordance with the ISTUE criteria
 - Complete clinical records will facilitate a successful TUE application and may be required for results management purposes
- Other routes of administration (including **inhaled**, and topical: dental-intracanal, dermal, intranasal, ophthalmological and perianal) are **not prohibited** when used within the **manufacturer's licensed doses and therapeutic indications**

What does this mean for players?

- All players considering taking a GC must explore all options with their doctor to consider alternative treatments that are permitted
- If players are prescribed a GC they must be aware of the washout period of the drug prior to taking it. See table below (Discuss with Team Doctor):

Route	GC	Washout Period
Oral (Oromucosal, buccal etc.)	All GCs	3 days
	Exception – Triamcinolone Acetonide	30 days
Intramuscular	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone: Prednisone	10 days
	Triamcinolone acetonide	60 days

Local Injections (periarticular, intra-articular, peri- and intratendionus)	All GCs	3 days
	Exceptions – TA; prednisolone: prednisone	10 days

- GAA players will only need to apply for a post-test TUE in the event of an AAF for a GC (NB medical file to support the treatment)
- If you have any questions contact Sport Ireland ADU