



# INADVERTENT DOPING



Inadvertent doping occurs when an athlete unintentionally uses prohibited substance(s) and consequently returns with a positive doping test result.

## POSSIBLE CAUSES OF INADVERTENT DOPING

### 1 MEDICATION

- Prescription medicine may contain prohibited substance(s). If a doctor is not informed that the patient is an athlete, prohibited substance(s) could be prescribed for therapeutic purpose leading to inadvertent doping.
- Over-the-counter medicine (e.g. medicine for cough and cold) may also contain prohibited substance(s). If an athlete self-purchases and uses medicine without checking the ingredients, this could also lead to inadvertent doping.
- In addition to oral medicine, inhaler, spray and medicine for external use (e.g. topical cream) may contain prohibited substance(s).

#### Precautions :

- 👍 During medical consultation, show the “Letter to Doctor” and the latest “Prohibited List”, inform the doctor that you are an athlete subjected to no advance notice doping tests and must not be prescribed with any prohibited substances/prohibited methods.
- 👍 Check the prohibition status of medicine registered in Hong Kong on “DrugInSport” ([www.druginsport.hk](http://www.druginsport.hk)) before use.
- 👍 If prohibited substances/prohibited methods are required for treatment, **International-level** / **National-level** Athlete must apply for a Therapeutic Use Exemption (TUE) before the use.

📄 The TUE Application Form can be **downloaded** on ADOHK website, please refer to the website and related pamphlet for details

### 2 SUPPLEMENTS

- The production and labelling of supplements are not strictly regulated. Supplements may contain prohibited substance(s) due to contamination or inaccurate labelling. Athlete consuming them may result in inadvertent doping.
- High-risk products include but not limited to supplements for muscle-building, weight-loss and sexual enhancement.

### 3 CHINESE HERBAL MEDICINE

- Due to the vast variety of Chinese herbs and the extensive, non-standardized ways of production and preparation of Chinese herbal medicine, there is no guarantee that Chinese herbal medicine (especially those with unknown chemical composition) does not contain or is not contaminated with prohibited substance(s).
- Chinese herbs that have been found to contain prohibited substance are: Ephedra (Stimulants), Musk (Steroid), Poppy shell (Morphine) and Nux Vomica (Stimulants).

#### Precautions :

- 👍 Athlete should seriously assess the need and the potential risks before using supplements or Chinese herbal medicine. Other safer options should be considered, such as having an optimized diet, lifestyle and training.

### 4 CERTAIN FOOD

- **Meat contamination:** Although it is banned in many countries, the illicit use of clenbuterol (an anabolic agent prohibited both in- and out-of-competition) in livestock to produce leaner meat may still be in practice in some countries. Athlete should be cautious and avoid eating offal (especially liver) where clenbuterol tends to accumulate. Athlete should also purchase meat and food from reputable stores and restaurants.
- **Poppy seeds:** Commonly found in cake and bread, poppy seeds may contain trace amount of morphine (a narcotic prohibited in-competition).

**! Strict Liability Principle**  
According to the World Anti-Doping Code, athlete is responsible for any prohibited substance found in his or her body, no matter if the prohibited substance is used intentionally or not.

### POSSIBLE CONSEQUENCES

- An anti-doping rule violation is committed if a prohibited substance (or its metabolites or markers) is present in an athlete’s sample.
- Sanctions for the violation may include: ineligible to participate in sport-related activities, disqualification of competition results and public disclosure.
- A positive doping test record will remain on the athlete’s file and any further violation may lead to aggravated sanction.

**! Never assume a substance / medication is safe to use even if you cannot find any prohibition information about it.**

Disclaimer:  
This pamphlet is published for reference purpose only, and is not intended to give any legal/medical advice by ADOHK who shall disclaim any liability arising therefrom. Relevant individuals are recommended to refer to the Anti-Doping Rules of ADOHK, and seek for professional/legal advice on important decisions.



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