

Glucocorticoids

What is it?

Glucocorticoids are powerful drugs used to calm inflammation and pain from conditions like arthritis, asthma, allergies, joint injuries and skin conditions. According to WADA, the route of administration dictates its prohibited status.

Glucocorticoids can be taken as pills, injected directly into a joint or muscle, inhaled, or applied as creams and sprays.



Protect Yourself

- Glucocorticoids may be medically necessary. If required, apply for a Therapeutic Use Exemption (TUE) well in advance of competition.
- Always tell your doctor that you are subject to anti-doping rules and check whether the substance, route of administration, and timing of treatment comply with the [WADA Prohibited List](#).
- If you receive treatment out of competition, ensure you observe the washout period before competing.
- Always keep copies of your prescriptions and records of any treatments, including the date, dose, and route of administration.

