

## Hay fever medications: Permitted



### 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



### **Intramuscular triamcinolone injection**

Refer to the hay fever guidelines on the UKAD website



### **Prednisolone tablets**

Requires a TUE – contact UKAD  
([tue@ukad.org.uk](mailto:tue@ukad.org.uk))



### **Decongestant tablets containing pseudoephedrine (PSE)**

Refer to the Prohibited List Q&A section of the WADA website

Check your medications

