

Glucocorticosteroids

Anti-inflammatories

Glucocorticosteroids are powerful anti-inflammatory agents. They are used to treat conditions such as arthritis, asthma, hay fever and allergic reactions.

Side Effects

When administered through the bloodstream, Glucocorticosteroids have many effects on many different body systems and produce mood changes including euphoria. Other possible side effects include osteoporosis (thinning of the bones), softening of connective tissue and weakening of an injured area in muscles, bones, tendons or ligaments.

Status in Sport

Under the World Anti-Doping Code 2018 Prohibited List (effective 01/01/2014), all Glucocorticosteroids are prohibited In-Competition when administered by oral, injection; both intra- muscular and intravenous and rectal routes.

Glucocorticosteroids administered to athletes by intra articular injection, ophthalmic, topical (dermatological), subcutaneous injection, nasal and otic (ear) are not prohibited. However, intravenous infusion or injection of more than 50 mL/ 6 hours of any substance is prohibited. Treatment in excess of 50mL/ 6 hours is only allowed if it is received during a hospital admission, clinical investigation or surgical procedure, even if the substance itself is not prohibited.

