

**Advisory: Amended status of Tramadol on the 2024 Prohibited List.**

**Tramadol will be Prohibited In-Competition as of 1<sup>st</sup> January 2024:**

- Tramadol is classified as a narcotics agent, which was placed on the World Anti-Doping Agency (WADA) Monitoring Programme in order to detect patterns of misuse in sport **In-Competition** only.
- As of 1<sup>st</sup> January 2024, an athlete tested In-Competition may be sanctioned from sport if Tramadol and/or its metabolites are detected in the sample provided to the Sample Collection Personnel.
- Athletes are advised to communicate this information regarding Tramadol to their physicians and request an alternative medication if/when required (see medication check), or alternatively, apply for a Therapeutic Use Exemption (TUE).

Tramadol was placed on the Monitoring Programme of WADA for a number of years, which includes substances that are not on the Prohibited List, but which WADA wishes to monitor in order to detect potential patterns of misuse in sport. Tramadol is now prohibited In-Competition as of 1<sup>st</sup> January 2024 following approval by the WADA Executive Committee on the 23<sup>rd</sup> of September 2022.

Monitoring data have indicated significant use of Tramadol in sports. Tramadol abuse with its dose-dependent risks of physical dependence, opiate use disorder, and overdoses in the general population, is of concern and has led to it being a controlled drug in many countries. Research studies have confirmed the potential for Tramadol to enhance physical performance in sports. For these reasons, it is now **Prohibited under S7: Narcotics**.

This announcement is made to notify all sport stakeholders to prepare and inform their athletes and athlete support personnel of this change, and prepare for this amendment to the 2024 Prohibited List. For more information on Tramadol, you can peruse the 2024 Prohibited List, which comes into effect on the 1<sup>st</sup> of January 2024 ([https://www.wada-ama.org/sites/default/files/2023-09/2024list\\_en\\_final\\_22\\_september\\_2023.pdf](https://www.wada-ama.org/sites/default/files/2023-09/2024list_en_final_22_september_2023.pdf)).

**For any queries, visit the SAIDS medication check - <https://drugfreesport.org.za/online-medication-check/>, or email SAIDS at [info@saisd.org.za](mailto:info@saisd.org.za).**

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