

## Glucocorticosteroids routes of administration – ASADA Fact Sheet

Route of administration		Types of medications and applications for use	Common examples	Status in sport 2005	Status in sport 2006
Systemic	Oral	Tablets/syrups for treatment of conditions such as rheumatoid arthritis and severe asthma.	Dexamethsone (dexamethasone); Panafcort (Prednisone); Solone (Prednisolone)	Prohibited IC	Prohibited IC
	Rectal	Enemas, suppositories and ointments for treatment of conditions such as ulcerative colitis, proctitis, crohn's disease etc.	Predsol enema (prednisolone); Colifoam Rectal Foam ((hydro-cortisone)	Prohibited IC	Prohibited IC
	Intravenous	Intravenous injections or infiltration administered in emergency situations to achieve a faster more pronounced anti-inflammatory effect (e.g.: shock) or as a replacement therapy in adrenocortical insufficiency	Dexamethasone ; Solu-Cortef (hydrocortisone)	Prohibited IC	Prohibited IC
	Intramuscular	Injection into soft tissue for systemic absorption in treatment of chronic inflammation	Dexamethasone; Solu-Cortef (hydrocortisone)	Prohibited IC	Prohibited IC
Non-systemic	Anal	Topical ointments and creams used in treatment of haemorrhoids, anal pruritus, proctitis, superficial anal fissures	Proctosedyl (hydrocortisone); Rectinol HC (cortisone); Ultraproct (fluocortolone)	ATUE IC	ATUE IC
	Iontophoresis	Electrical current is used to drive glucocorticosteroids through the skin for the treatment of tendonopathies especially the patella and Achilles tendons.	Celestone Chronodose (betamethasone); Depo Medrol (methylprednisolone)	ATUE IC	ATUE IC
	Respiratory (inhaled)	Inhaled steroid therapy for treatment of chronic bronchial and exercise induced asthma	Flixotide (fluticasone); Pulmicort (budesonide); QVAR (beclomethasone)	ATUE IC	ATUE IC
	Intra-articular injections	Injection to reduce localised inflammation	Celestone Chronodose (betamethasone); Depo Medrol (methylprednisolone); Kenacort – A10 (triamcinolone)	ATUE IC	ATUE IC
Non-systemic Topical	Aural/otic	Eardrops for treatment of inflammatory ear conditions	Kenacomb (triamcinolone); Predsol (prednisolone);Sofradex (dexamethasone)	ATUE IC	No ATUE required
	Nasal	Nasal sprays for treatment of allergic rhinitis and nasal polyps	Beconase (beclomethasone); Rhinocort (budesonide)	ATUE IC	No ATUE required
	Buccal Cavity (mouth)	Topical mouth applications for acute and chronic lesions of the oral mucosa.	Kenalog in Orabase (triamcinolone acetonide)	ATUE IC	No ATUE required
	Ophthalmologic	Eye-drops and ointments for treatment of inflammatory and allergic eye conditions	Hycor (hydrocortisone); Predsol (prednisolone); Prednefrin Forte (prednisolone)	ATUE IC	No ATUE required
	Dermatological	Topical applications (creams, lotions, ointments) for treatment of allergic conditions, psoriasis, skin irritations, dermatitis etc	Aristocort (triamcinolone); Betnovate (betamethasone); Dermaid (hydrocortisone)	No ATUE required	No ATUE required