



I-Tramadol izofakwa oHlwini Lwezinto Ezenqatshelwe ku-2024 World Anti-Doping Code

*UHlu Lwezinto Ezenqatshelwe Ngo-2024
Iuzoqala ukusebenza mhla ka-1 Januwari 2024*

YINI OKUDINGEKA UYAZI?

i-Tramadol iyisibulali-zinhlungu esinamandla esisetshenziselwa ukwelapha ubuhlungu obuphakathi nendawo kuya kobubi kakhulu (njengalobo oba nabo ngemva kokulimala noma ukuhlinzwa). Iwuhlobo lomuntu obizwa ngokuthi i-opiate (yenza izinzwa zibe ndikindiki), i-narcotic (isidakamizwa), futhi itholakala ingamaphilisi, ama-capsule (amaphilisi awumbhojozi), namaconsi anjengamanzi. Udokotela wakho uzokwenzela incwadi yokuthola i-Tramadol uma unobuhlungu obuthatha isikhathi eside, futhi amaphilisi avamile ezinhlungu engasizi. Itholakala kuphela ngencwadi kadokotela.

1. Ingozi Yokwepulwa Komthetho

Uma uhlolwa “Emncintiswaneni” futhi kutholakala i-Tramadol, lokhu kungase kuholele ekwepulweni Komthetho Ophikisana Nokusetshenziswa Kwezikhuthazi (ngisho noma uyisebenzise “Ngaphandle Komncintiswano”).

2. Ukuyeka Ukusebenzisa i-Tramadol

Uma njengamanje usebenzisa i-Tramadol, kufanele uqale ukuthatha izinyathelo zokuyeka ngokuphephile ukuyisebenzisa, futhi lokho ukwenze ngokushesha.

3. Izinkinga zokuthembela emaphilisini noma Ukuba umlutha

Uma ukhathazeka ngokuthi usuthembele ku-Tramadol noma usuwumlutha wayo, kufanele ukhulume nethimba lodokotela bakho ukuze uthole iseluleko. Uma ungenalo ithimba lodokotela, kufanele uxhumane no-Union’s Chief Medical Officer. Kungenjalo, ungaxhumana ne-International Rugby Players noma ne-National Players Union futhi bayokuyalela ukwelashwa/isixazululo esifanele.

**Ungathola ulwazi olwengeziwe ngokufakwa kwe-Tramadol
Ohlwini Lwezinto Ezenqatshelwe Luka-2024 [Iapha](#)**

**KHUMBULA UKUTHI NGASO SONKE ISIKHATHI UHLOLE UKUTHI
UMUTHI WAKHO AWUNAYO INTO EYENQATSHELWE**