



Tramadol will be added to the 2024 World Anti-Doping Code Prohibited List

The 2024 Prohibited List will come into effect on 1st January 2024

WHAT DO YOU NEED TO KNOW?

Tramadol is a strong painkiller that is used to treat moderate to severe pain (such as after an injury or operation). It is a type of medicine called an opiate, or narcotic, and it comes as tablets, capsules, and liquid drops. Your doctor may prescribe Tramadol if you have long-term pain, and weaker painkillers don't help. It is only available on prescription.

1. Risk of Rule Violation

If you are tested "In Competition" and Tramadol is detected, this may result in an Anti-Doping Rule Violation (even if you used it "Out of Competition").

2. Stopping Tramadol Use

If you are currently using Tramadol, you should start to take steps to end use safely, and as soon as possible.

3. Dependency or Addiction Issues

If you have concerns over Tramadol dependency or addiction, you should speak with your team doctor for advice. If you don't have a team doctor, you should contact your Union's Chief Medical Officer. Alternatively, you can speak in confidence to International Rugby Players or your National Players Union and they will direct you to the appropriate treatment/solution.

You can find more information about Tramadol's inclusion on the 2024 Prohibited List [here](#)

REMEMBER TO ALWAYS CHECK THAT YOUR MEDICATION DOES NOT CONTAIN A PROHIBITED SUBSTANCE