



## Guide to supplements and medications

Knowing what is on a Prohibited List gives a good idea of what is allowed during competition. However it is best to check. The administration of medication, while under IFSS rules, may require oversight or completion of a medication administration report. Although these medications are allowed during competition to maintain dogs in good health, continued research should be done to determine factors in races that may predispose dogs to needing treatment, and thereby allowing races to change to minimize the need to use medications. Certain medications such as some antibiotics, ulcer preventatives or foot treatments may be allowed, but are controlled, and require completion of the appropriate Veterinary Medication Form 1 and approval by the Race Veterinarian. Thyroid supplement medications *may* also be allowed, but only after approval by ADCom Controlled Substances Administrator, see below under point 5.

The Athlete is advised to keep a dog's all medical treatment and feed additives during at least the last six, preferably twelve, months well documented in order to be able to inform the Doping Control Officer in case of a Doping Control.

### General and specific examples of, under certain conditions, permitted medications:

**1. Antibiotics administered orally**, including cephalexin, metronidazole and others. A Veterinary Medication Form 1, must be filled out by the treating veterinarian to indicate medication, dosage, and reason for treating. If antibiotic treatment must be initiated on a dog prior to an event, the form should be filled out by the attending veterinarian. The athlete must then bring the form – *in two copies* - to the race and submit it to the Race Veterinarian prior to the event, at least one hour before the initial veterinary check of the dogs begins. Upon review of the form and examination of the dog, the Race Veterinarian has the right to prevent the dog from competing depending on the medical condition of the dog or local, stricter, Animal Welfare Rules. It is recommended that the athlete contact the Race Veterinarian in advance of the event.

**2. Topical eye, foot, or wound ointments or drops containing antibiotics** may be allowed with completion and submission of a "Veterinary Medication Form 1" – *in two copies* - and evaluation of the dog by the Race Veterinarian.

**3. Topical eye or foot medications containing low levels of corticosteroids** may be allowed for specific medical reasons, and require completion and submission of "Veterinary Medication Form 1" – *in two copies* - and evaluation of the dog by the Race Veterinarian.

**4. Antiulcer medications** – H2 receptor antagonists and proton pump inhibitors. Specifically the generic names omeprazole and famotidine have been studied in sled dogs and are recommended. These two medications have been documented to be effective in sled dogs for prevention of gastritis and ulcers. A Veterinary Medication Form 1, must be filled out and submitted – *in two copies* - to the Race Veterinarian at least one hour before the initial veterinary check of the dogs begins.

**5. Thyroid hormone supplements** may be given orally if a "Veterinary Medication Form 2", *Authorization for administration of Thyroid Supplements*, is filled out and has supportive laboratory blood tests accompanying it. Supplements will **NOT** be allowed for low normal levels. Test results **must** be interpreted using the normal values for sled dogs listed on the "Veterinary Medication Form 2". These values are different than standard laboratory values. Post-supplementation blood tests must show that the dog is given an appropriate dosage, not over supplemented, and does not have a high level post-supplement using the sled dog values. The form and the supportive documents must be sent for approval to the IFSS veterinarians in charge of the authorization at [vetform2\\_approval@sleddogsport.net](mailto:vetform2_approval@sleddogsport.net) at least



one month prior to the first race in which the concerned dog will compete. The authorization will be valid for one year from the date of approval and the form will not need to be submitted for approval again within that period, unless the dosage has been changed. In that case a new form and new supportive documents must be sent for approval.

The Athlete must, at any time, be able to show the approved Veterinary Medication Form 2, *in two copies*, one for the Race Veterinarian and one for the Doping Control Officer, in case of a Doping Control.

**6. Reproductive hormones**, related substances, and their releasing factors, antagonists, modulators and related substances as listed below:

**Note:** For the substances listed under **a**, **b**, **c** and **d** below, **a minimum observation period of 28 days, before the dog returns to competition**, will be mandatory in order to ensure that there are no adverse side effects on the dog's health.

The Athlete must, at any time, be able to show a veterinary certificate or a Veterinary Medication Form 1, including the dog's chip number, about this need of, or reason for, treatment. This document must also certify that the dog has passed a check by the treating veterinarian at the end of the 28 days.

**a.** Treatments to suppress or delay the onset of heat cycles in bitches, continually or periodically, under veterinary prescription, will be tolerated, unless such treatments contain testosterone or testosterone-like substances (see WADA human Prohibited List). See note above.

**b.** The administration to bitches of prostaglandins or progesterone inhibitors such as *aglepriston*, under veterinary prescription, will be tolerated, if required due to an accidental mating. See note above.

**c.** The administration of prolactin inhibitors, *bromocriptine* or *cabergoline*, to suppress lactation in a bitch will be allowed. See note above.

**d.** The use of *deslorelin* implants in intact males or intact females for the purpose of contraception will be allowed. See note above.

**e.** The administration to spayed bitches of estrogenic substances under veterinary prescription, if required to avoid urinary incontinence. The Athlete must, at any time, be able to show a veterinary certificate or a Medication Administration Form, including the dog's chip number, about this need of treatment.

**7. All topical wound or foot ointments or powders, that do *not* contain** a corticosteroid, salicylates, local anesthetic or irritant (such as capsaicin) or other substances on the Prohibited List, are allowed.

**8. Topical massage liniments or oils that do *not* contain** a corticosteroid, salicylates, local anesthetic or irritant (such as capsaicin) or other substances on the Prohibited List are allowed.

**9. Insect repellents.** Topical and oral ectoparasite repellents with authorization for treatment on dogs are allowed for flea and tick control.

**10. Anthelmintics.** Note! It is expected that these may be given up to a day or two before competition due to travel and import regulations and therefore may still be in the bloodstream at the start of competition. It is not anticipated that these would need to be given during competition. Such administration must be documented in the Dog's Passport. In case of a Doping Control the Athlete must be able to show this documentation.



**11. Gastrointestinal supplements** to prevent or treat diarrhea including prebiotics, probiotics, fibers (including psyllium, beet pulp, pectin), clays (including smectite, kaolin, montmorillonite, attapulgite), are permitted. Please note that many OTC (over the counter) preparations may have salicylates which would not be allowed.

**12. Nutritional Supplements** such as glycogen replacement products (maltodextrin, etc.), vitamins, electrolytes, and antioxidants (including astaxanthin, Vitamin E) are allowed when given orally and consumed by the dog willingly. No drenching is allowed. Due to the potential for adverse side effects if these supplements are not used properly (especially overdosing), a veterinarian should be consulted by the athlete to be sure an appropriate dosage is given, and that an over dosage is not given if multiple supplements are used.

**13. Preventative or restorative joint therapies** – only oral forms are allowed during competition, including glucosamine, chondroitin, collagen, and hyaluronic acid. Again, a veterinarian should be consulted prior to use of these products to be sure of appropriate dosage.

**14. Herbal or “natural” medicinal products**

a. Athletes, trainers, handlers and veterinarians are cautioned against the use of herbal and homeopathic medications, tonics, oral pastes and products of any kind, the ingredients and quantitative analysis of which are not known in detail. Many of these products can contain one or more Prohibited Substances. For example, many homeopathic or herbal tinctures may have an alcohol base.

b. Persons administering a herbal or so-called natural product to a dog for health reasons or to affect its performance, having been informed that the plant origin of its ingredients do not violate the regulations, may have been misinformed.

c. The use of any herbal or natural product to affect the performance of a dog in a calming (tranquillizing) or an energizing (stimulant) manner is expressly forbidden.

d. IFSS does not test or approve herbal or natural products to verify a possible violation of the IFSS rules and regulations. Therefore a claim that the product does not violate the IFSS rules or is undetectable by drug testing is the sole responsibility of the manufacturer or individual making such a claim.

e. The use of a herbal or natural product may result in a positive test result, contrary to the claim by the manufacturer or marketing agent. For example, many pharmacologically potent and readily detectable forbidden substances are obtained from plants, e.g. salicylates, digitalis, reserpine, cocaine, heroin and marijuana all have their origin in plants and may be regarded as serious rule violations. This warning is common to all major canine regulatory authorities.

f. As the analytical techniques in the testing laboratory become more refined, the fact that these products have not been detected by testing in the past does not hold any guarantee for their safe use in competition.

**15. Contamination of feed**

Please also keep in mind the possible contamination of feed (particularly meat) by Prohibited Substances. Athletes and their advisors should discuss this problem with their feed supplier. Avoid buying products in retail outlets for which specifications are unclear or from retailers you do not know very well. This warning also applies to feed additives.