



REPUBLIC OF KENYA
MINISTRY OF HEALTH



KENYA MEDICAL LABORATORY TECHNICIANS AND TECHNOLOGISTS BOARD

WHAT IS PROHIBITED AT ALL TIMES - IN AND OUT OF COMPETITION, WHAT MEDICAL LABORATORIES MUST KNOW

Pursuant to the Medical Laboratory Technicians and Technologists Act CAP 253 A Laws of Kenya

KMLTTB QUALITY ASSURANCE SERVICES

	WHAT IS PROHIBITED AT ALL TIMES - IN AND OUT OF COMPETITION, WHAT MEDICAL LABORATORIES MUST KNOW		DOCUMENT CONTROL
	OWNERSHIP	REGISTRAR	SERIAL: KMLTTB/WADA/PROHIB/ATHLETE/LAB/01 Version: 001 Revision Date: 7 TH , OCTOBER, 2026



1. WHAT IS PROHIBITED AT ALL TIMES - IN AND OUT OF COMPETITION, WHAT MEDICAL LABORATORIES MUST KNOW.

WADA PROHIBITED LIST 2026 - EFFECTIVE 1 JAN 2026.

S.No.	Code	Class	Examples
1.	S0	Non-approved substances	Any experimental drug, research chemical, not approved by any health authority - e.g. BPC-157
2.	S1	Anabolic Agents S1.1 Steroids:	testosterone, nandrolone, boldenone, stanozolol, clenbuterol and ALL ESTERS - e.g. testosterone cypionate
		NEW/ 2026 clarification S1.2 Other:	SARMs - ostarine, LGD-4033
3.	S2	Peptide Hormones and Growth Factors	EPO, GH, IGF-1, hCG (men only),
		NEW:	Pegmolesatide - EPO mimetic
4.	S3	Beta-2 Agonists	Salbutamol, formoterol, salmeterol
		NEW/ 2026:	Salmeterol max 200mcg/24hrs but max 100mcg in any 8hrs
5.	S4	Hormone and Metabolic Modulators	Aromatase inhibitors, SERMs, meldonium, trimetazidine, insulin
		NEW:	α -naphthoflavone, BAM15 found in supplements
6.	S5	Diuretics and Masking Agents Furosemi de	hydrochlorothiazide
		Exception:	dorzolamide/brinzolamide eye drops allowed



2. PROHIBITED IN-COMPETITION ONLY

S.No.	Code	Class	Key Notes
1.	S6	Stimulants	Amphetamine, cocaine, methylphenidate, ephedrine >10mcg/mL, NEW: flmodafinil, fladrafinil - modafinil analogues
2.	S7	Narcotics	Morphine, fentanyl, tramadol - Tramadol banned since 2024
3.	S8	Cannabinoids	THC threshold 150ng/mL, Substance of Abuse - THC, cocaine, heroin, MDMA - 3 months ban if out-of-competition use proven, 1 month if rehab
4.	S9	Glucocorticoids	All injectable, oral, rectal routes prohibited in-competition. Inhaled, nasal, eye drops permitted. Washout periods apply - triamcinolone 60 days
5.	M1	Blood Manipulation NEW 2026:	Now withdrawal of Blood or components is prohibited even without reinfusion, except for medical tests/doping control or donation at accredited centre
6.	M1.4	Carbon Monoxide (CO) NEW:	Non-diagnostic use of CO rebreathing systems to increase Hb mass is now prohibited. Diagnostic use under medical supervision allowed
7.	M2	Chemical/Physical Manipulation:	Tampering urine, IV infusions >100mL/12hrs except legitimate treatment
8.	M3	Gene and Cell Doping	NEW 2026: Now explicitly includes cell components - nuclei, mitochondria, ribosomes, not just whole cells

4. THERAPEUTIC USE EXEMPTION -

What is TUE: Permission to use prohibited substance for legitimate medical need. Managed by ADAK for Kenyan athletes, and by Athletics Integrity Unit (AIU) during Championships.

4 CRITERIA - ALL MUST BE MET:

- A. Athlete would have significant health problem without drug
- B. No significant performance enhancement beyond health
- C. No reasonable permitted alternative

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D. Not due to prior non-TUE use

Types:

1. Standard TUE: Clinician to apply 30 days before competition via ADAMS
2. Retroactive TUE: Allowed for: emergency treatment, Substance of Abuse out-of-competition, or if ADU didn't allow time to apply. Glucocorticoid out-of-competition use that causes AAF in-competition can get retroactive TUE if clinical justification
3. For athlete emergency Medical laboratory: If clinician give prohibited IV >100mL, systemic glucocorticoid, or narcotic for emergency in stadium, the doctor must file retroactive TUE within 24hrs with full medical file - otherwise athlete gets AAF.

MEDICAL LABORATORY ROLE DURING CHAMPIONSHIPS:

1. DO NOT do TUE testing - you only do emergency clinical tests
2. Check Global DRO - <http://www.globaldro.com> for drug status
3. Sample integrity only: For urine for doping control - check pH, specific gravity, store 2-8C <24hrs, hand to ADAK DCO with chain of custody
4. Document everything - If a clinician administer salbutamol nebulization > thresholds, record dose, time, indication for TUE file

PROCESS FOR ATHLETE:

Apply via ADAMS -> ADAK TUE Committee (3 doctors) -> Decision 21 days -> If granted, certificate with dose/route/duration -> Lab result with that substance is not AAF if within TUE dose.

CRITICAL COMMON KENYAN ISSUES -

1. Asthma inhalers - need TUE if over threshold - salmeterol new 8hr rule
2. Dexamethasone injection for pain - prohibited in-competition - needs TUE and long washout
3. Tramadol for injury - now prohibited - many AAFs in 2025

