

Cough and Cold Medications



The following is a non-exhaustive list of Canadian brand name cough and cold medications. The medications are sorted according to their status on the current version of the World Anti-Doping Agency (WADA) Prohibited List, which is subject to change at any time. This list is not a recommendation nor an endorsement of these medications.

New in 2010: Pseudoephedrine is back on the Prohibited List effective January 1, 2010, prohibited in-competition only. Pseudoephedrine is a stimulant commonly found in over-the-counter cough and cold medications. Athletes are advised to consider the use of alternative permitted medications for the treatment of coughs, colds and upper respiratory infections, in consultation with a physician.

Prohibited

Balminil Codeine + Decongestant + Expectorant
Balminil Cough & Flu
Balminil DM + Decongestant
Balminil DM + Decongestant + Expectorant
Benylin 1 Nighttime Cold and Flu
Benylin DM-D
Benylin DM-D-E, Extra Strength
Calmylin with Codeine
Chest Congestion, Cough & Cold Syrup, Extra Strength
Cold and Flu Relief Syrup
Dayquil
Dimetapp Cough & Congestion Liquid
Dimetapp Daytime Cold, Extra Strength
RatCotridin
RatCotridin Expectorant
Sinutab Sinus Non Drowsy
Sudafed Cold & Cough Extra Strength
Sudafed Cold & Flu
Sudafed Head Cold & Sinus Extra Strength
Total Cold and Flu, Extra Strength
Triaminic Cold & Nighttime Cough
Triaminic Cold and Cough
Triaminic Cold, Cough and Fever
Triaminic Cough and Congestion
Triaminic Cough and Sore Throat
Triaminic Softchews Cold and Cough
Tylenol Cold Caplets Daytime, Extra Strength

Tylenol Cold Caplets Nighttime, Extra Strength
Tylenol Decongestant

 **Not Prohibited**

Balminil Codeine Night-Time + Expectorant
Balminil DM
Balminil DM + Expectorant
Balminil Expectorant
Benylin DM
Benylin DM-E, Extra Strength
Benylin E Extra Strength
Buckley's Congestion and Cough Cold Syrup, Extra Strength
Buckley's DM
Contac Cold & Sore Throat, Extra Strength
Contac Cold & Sore Throat, Nighttime Extra Strength
Contac Complete Cough Syrup DM Expectorant
Daytime Cold/Flu Medicine
Delsym
Dimetane Expectorant-C
Dimetapp DM Cough & Cold Liquid
Dimetapp Nighttime Cold, Extra Strength
Dimetapp-C Syrup
DM Cough and Cold Liquid
DM Cough and cold syrup; Extra Strength
Dry cough syrup
Extra Strength Contac Cold & Sore Throat
Histenol II
Hycodan
Hycomine Koffex DM
NCitran Extra Strength Cold and Flu
NCitran Thin Strips Cough and Cold
NCitran Thin Strips Nighttime Cough and Cold
NCitran, Extra Strength
NCitrin Nighttime Extra Strength Cold and Flu Liquid
Night time Extra Strength Contac Complete Cough, Cold and Flu
Night time Extra Strength Contac Cold & Sore Throat
Novahistex DH
Ratio-Coristex DH
Robitussin DM, Extra Strength
Robitussin, Extra Strength
Triaminic Cough and Sore Throat Softchews
Triaminic Nighttime Cough and Cold
Tylenol Cold and Flu Daytime
Tylenol Cold and Flu Nighttime
Tylenol Cold, Regular Strength
Tylenol Cough