

## The Use of inhaled Beta-2 Agonists

Athletes using **formoterol** by inhalation must have a medical file justifying this and meeting the minimum requirements outlined below.

The file must reflect current best medical practice to include:

1. A complete medical history
2. A comprehensive report of the clinical examination with specific focus on the respiratory system
3. A report of spirometry with the measure of the Forced Expiratory Volume in 1 second (FEV1)
4. If airway obstruction is present, the spirometry will be repeated after inhalation of a short acting Beta-2 Agonist to demonstrate the reversibility of bronchoconstriction
5. In the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyper-responsiveness
6. Exact name, speciality, address (including telephone, e-mail, fax) of examining physician.