

Accidental doping with morphine

There have been several press reports of inadvertent doping with morphine after ingesting poppy seeds commonly found in baked goods such as 'seeded bread', bagels and muffins¹. The World Anti-Doping Agency prohibits the use of morphine in-competition, meaning that a positive test for morphine and any closely related substances (See appendix 1) may result in a ban from all competition. There are few peer-reviewed, scientific journal articles regarding poppy seed-derived doping in athletes and those that are available are at least 10 years old^{2, 3}. However with increased attention being focused on doping by the All Japan Kendo Federation and the very real prospect of WADA-approved testing being rolled out at all AJKF daughter organisation's event, I would strongly advise that if you are a team/squad member you refrain from ingesting any food substances that contain or may have been contaminated with poppy seeds for at least a week before an event where you could be tested. This should allow sufficient time for any opiate to be cleared from ones system.

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1. <https://www.theguardian.com/lifeandstyle/2017/may/29/angela-rippon-tests-positive-for-opiates-in-poppy-seed-experiment>
2. Urinary concentrations of morphine and codeine after consumption of poppy seeds. Thevis M1, Opfermann G, Schänzer W. J Anal Toxicol. 2003 Jan-Feb;27(1):53-6.
3. Poppy seeds: differences in morphine and codeine content and variation in inter- and intra-individual excretion. Pelders MG1, Ros JJ. J Forensic Sci. 1996 Mar; 41(2):209-12.

Appendix 1. Buprenorphine, Dextromoramide, Diamorphine (heroin), Fentanyl, and its derivatives; Hydromorphone, Methadone, Nicomorphine, Oxycodone, Oxymorphone, Pentazocine, Pethidine.