

Plasma cortisol level determination

General information

Organisation of blood tests for 2021 events

- When **plasma cortisol testing is carried out without prior warning in racing**, the blood tests are performed by a biologist working in a laboratory mandated by Dr Pierre Lebreton, hematologist, and meeting the standards in force of the French Accreditation Committee (COFRAC)
- Samples are taken in hotels for each major cyclist between **6.30 am and 9.00 am**
- **it is not necessary to have an empty stomach.**
- The samples are taken by the laboratory itself according to the conditions required by law. The technicians will have a mission letter with them signed by Dr. Pierre Lebreton, h ematologue.
- Racing cyclists must:
 - o **Show the laboratory technician their licences**
 - o **Provide a completed information form**
- There is only one accredited laboratory per day of sampling.
- The laboratory differs according to the day and location of the race. All mandated laboratories meet the requirements and rules of application in force of the French accreditation committee (COFRAC)
- The day samples are taken, the same automatic apparatus will be used to determine the plasma cortisol levels for all cyclists.
- The complete results are transmitted the same day by the expert doctor (Dr. Pierre Lebreton, mandated by MPCC) to team doctors who transmit them to their cyclists.
- **There is no normal lower figure. This depends on the apparatus and kit used. Irrespective of the apparatus, it is compliant with the rules validated by the accreditation and satisfies legal obligations. Each time the apparatus used will be specified, together with the figures for the normal lower and upper limits.**
- **No information is transmitted to the media.** The doctor assigned transmits cyclist results only to the doctor of the team concerned.

- The MPCC President is advised if there is a contraindication, without the figure being specified. However, as only one parameter is measured, non-departure may well be linked to this test.

- Use of inhaled corticoids cannot prevent the contraindication decision. The fact that a plasma cortisol level is low is the reason for the medical contraindication (biological renal insufficiency with the risk of decompensation) even if the corticoid was taken legally and justified.

- **In the event of a plasma cortisol level below normal (that is to say below the lower limit of the apparatus performing the test), the cyclist will be required to rest. He will not be permitted to start the next stage. He will be allowed to return to racing after at least 8 days' rest, once his plasma cortisol level has returned to normal.**

This operation comes under the sole authority of Dr. Pierre Lebreton, hématologue, mandated by MPCC.

The same provision (abnormally low plasma cortisol level with compulsory rest period) is also valid for biological testing by the UCI.

It is a health monitoring practice, not an anti-doping test.

Possible situation :

Anti-doping tests carried out without warning may be initiated by the UCI / WADA and be carried out the same morning as the MPCC tests. UCI / WADA tests take priority, in this case, call Dr. Pierre Lebreton (+33 6 04 51 41 31) to define how to proceed.

Taking two samples from the same cyclist on the same day is something to be avoided.