What is it?
DXM is a cough suppressant that is found in more than 100 over-the-counter (OTC) cold medications. It can be used alone, or in combination with other drugs such as analgesics, antihistamines, decongestants, and/or expectorants.

How is it used?
DXM is taken orally in the form of cough syrup, tablets, capsules, or powder. When taken as directed, DXM is a safe and effective cough suppressant.

What effect does DXM have on the body and mind if taking more than the recommended dose?
• Common effects can include confusion, dizziness, double or blurred vision, slurred speech, impaired physical coordination, nausea and vomiting.
• It can cause rapid heartbeat, drowsiness, and disorientation.
• Feelings of euphoria may be experienced, as well as different “plateaus” ranging from mild distortions of color and sound to hallucinations.
• It can cause loss of motor control and impairment of the senses.
Did you know?
• DXM can create feelings of out-of-body experiences.
• Slang terms include: Robo-tripping, Skittling, or Dexing.
• Teen abuse of DXM is decreasing; 12th graders decreased their past year use of DXM from 6.6 percent in 2010 to 4.1 percent in 2014. (Source: 2014 Monitoring the Future Study, University of Michigan).

True or False?
• A prescription is needed to buy products with DXM. False
  Fact: No prescription is needed for DXM. It is not a controlled substance or a regulated chemical under the Controlled Substance Act.

• There are no warning signs of cough medicine abuse. False
  Fact: Some warning signs are: Empty cough medicine boxes or bottles in your child’s room, backpack, or locker; your child buys large amounts of cough medicine when not ill; missing bottles of cough medicine from home medicine cabinets; and your child visits websites with information on abusing DXM. (Source: http://stopmedicineabuse.org).

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