DEA
Drug
Enforcement
Administration

Elks
DAP
DRUG AWARENESS PROGRAM

THE FACTS ABOUT

DXM

Dextromethorphan

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).

FOR MORE DRUG PREVENTION INFORMATION, VISIT:

Elks

www.elks.org

DEA

www.dea.gov

GetSmartAboutDrugs.com

For parents

JustThinkTwice.com

For teens