

DRUG ENFORCEMENT ADMINISTRATION



THE FACTS ABOUT

DXM



DEA PHOTO

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, which can lead to accidents.

Did you know?

- DXM can create feelings of out-of-body experiences.
- Slang terms for using DXM are **Robo-tripping, Skittling, or Dexing.**
- Twelfth graders decreased their past year use of DXM from 6.6 percent in 2010 to 5 percent in 2013. (Source: 2013 Monitoring the Future Study, University of Michigan).

True or False?

- A prescription is needed to purchase products containing DXM. **False**

*Fact: No prescription is **needed** for DXM because it is neither a controlled substance, nor a regulated chemical under the Controlled Substances Act.*

- There are **no warning signs** of cough medicine abuse. **False**

Fact: Several warning signs include:

- *Empty cough medicine boxes or bottles in child's room, backpack, or locker.*
- *Child buys large amounts of cough medicine when not ill.*
- *Bottles of cough medicine in medicine cabinet are missing.*
- *Child visits websites with information on how to use DXM to get high.*

(Source: <http://stopmedicineabuse.org>).

For drug prevention information, visit DEA's websites:

dea.gov



GetSmartAboutDrugs.com



*For parents,
caregivers,
and educators.*

JustThinkTwice.com



For teens.