

DRUG ENFORCEMENT ADMINISTRATION



THE FACTS ABOUT

DXM



Dextromethorphan

What is it?

DXM is a cough suppressor found in more than 120 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, side effects are rarely observed.

What effect does DXM have on the body and mind if taking more than the recommended dose?

Effects on the mind

- Confusion, inappropriate laughter, agitation, paranoia, **hallucinations**
- Long-term abuse of DXM is associated with severe psychological dependence.

Effects on the body

- Over excitability, lethargy, loss of coordination, slurred speech, sweating, hypertension, and involuntary spasmodic movement of the eyeballs.
- Use of high doses of DXM in combination with alcohol or other drugs is particularly dangerous, and deaths have been reported.

Did you know?

- High doses of DXM can create feelings of out-of-body sensations.
- Illicit use of DXM is referred to on the street as **Robo-tripping, Skittling, or Dexing.**
- Teen abuse of DXM is decreasing; 12th graders decreased their past year use of DXM from 7.0 percent in 2006 to 4.0 percent in 2016.
(Source: 2017 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; purchase or use of large amounts of cough medicine when not ill; missing bottles or boxes of cough medicine from home medicine cabinets; and changes in friends, physical appearance, or sleeping or eating patterns.

For drug prevention information, visit DEA's websites:

GetSmartAboutDrugs.com

For Parents, Caregivers, and Educators

JustThinkTwice.com

For Teens

CampusDrugPrevention.gov

For College Students

dea.gov

5/2018