

# DEXTROMETHORPHAN

## DXM

Dextromethorphan is a common ingredient in over-the-counter cough medicine such as Robitussin, Vick's Formula 44, Coricidin, Delsym and Nyquil. If taken as directed, it is safe to use.



## IDENTIFICATION

### Street Names for Cough Medicines (DXM):

Triple C, Skittles, Tussin, Vitamin D, Dex

**What's it Look Like?** Liquid medicine or capsules

**How's it Used?** Typically Swallowed

**What's it Do?** Dextromethorphan abusers usually take way more than the recommended dosage, which can cause hallucinations similar to those of PCP or Ketamine, and can last for several hours.

### Warning Signs of Tobacco Use:

- Missing or empty bottles of cough medicine
- Changes in habits, interests or appearance
- Mood swings
- Flushed skin
- Confused and drowsy
- Failing grades
- Heavy Sweating



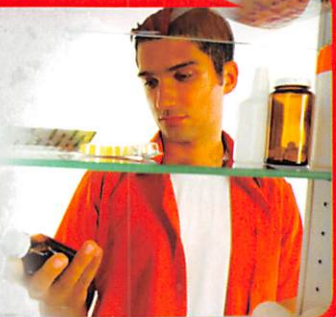
### Facts about Over the Counter Drugs

- Dextromethorphan is found in over 120 different kinds of cough medicines, and are legally purchased from a pharmacist with a valid picture ID.
- DXM abusers often take 8 to 10 times the recommended dosage of 15 to 30 milligrams.
- DXM has been attributed to the deaths of several teenage abusers.



## SHORT-TERM EFFECTS

- Hallucinations
- Nausea and vomiting
- Dizziness & blackouts
- Insomnia
- Liver damage
- Heart attacks
- Brain damage
- Death



## LONG-TERM EFFECTS

- Lowered body temperature
- Elevated blood pressure
- Seizures
- Stroke
- Loss of muscle control
- Permanent brain and liver damage
- Death



### Refusal Tips for Kids

It's not always easy for a kid to keep their cool in the face of peer pressure. Give them a few suggestions on how to say "NO" like:

- "Are you kidding? My parents will kill me!"
- "No thanks. I don't like the taste of cough syrup."
- "I hear that stuff can make you really sick."

Although DXM and cough medicines might seem harmless, they can cause some serious damage to your health if you don't use them as directed.



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JUST THE FACTS