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
- JustThinkTwice.com