

# JUST THE FACTS

## 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 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 OTC 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."

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985-359-7848

PO Box 371  
[www.primoprevention.com](http://www.primoprevention.com)

Reserve, LA 70084  
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