

# DEXTROMETHORPHAN



## WHAT IS IT?

DXM is a cough suppressor found in more than 120 over-the-counter cold medications. It can be used alone, or in combination with other drugs such as analgesics, antihistamines, decongestants, and/or expectorants.

## STREET NAMES

CCC, Dex, DXM, Poor Man's PCP, Robo, Rojo, Skittles, Triple C, and Velvet

## 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, euphoria, and hallucinations.

Long-term misuse of DXM is associated with severe psychological dependence.

### Effects on the body

Overexcitability, lethargy, loss of coordination, slurred speech, sweating, hypertension, nausea, vomiting, 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. Eighth graders increased their use of DXM from 2015 through 2020.

Source: 2021 Monitoring the Future Study.

## 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 Substances Act.

There are no warning signs of cough medicine misuse. **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 USE PREVENTION INFORMATION, VISIT DEA'S WEBSITES:

For parents, caregivers, and educators  
[GetSmartAboutDrugs.com](https://www.getsmartaboutdrugs.com)

For college and university campuses  
[CampusDrugPrevention.gov](https://www.CampusDrugPrevention.gov)

For teens  
[JustThinkTwice.com](https://www.JustThinkTwice.com)