

# What You Need to Know About the Dextromethorphan Sales Restriction



To help prevent teens from abusing over-the-counter (OTC) cough medicine containing the active ingredient dextromethorphan (DXM), Delaware law (effective as of June 16, 2017) prohibits the sale of these medicines to minors.

## HOW DO I KNOW IF A PRODUCT CONTAINS DXM?

- Check the Drug Facts label for the active ingredient DXM
- Check the packaging for the Stop Medicine Abuse icon

| <b>Drug Facts</b>  |                   |
|--|-------------------|
| <b>Active Ingredient</b><br>(in each 15 mL tablespoon)                             | <b>Purpose</b>    |
| Dextromethorphan HBr 15 mg . . . . .   | Cough suppressant |
| <b>Use</b> temporarily relieves cough due to minor throat and bronchial irritation |                   |

**PARENTS:**  
Learn about teen medicine abuse  
[www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org)

You can learn more about teen DXM abuse and what you can do to help prevent it at [www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org).