

# CHECK BEFORE CHECKOUT

To help prevent teens from abusing over-the-counter (OTC) cough medicine containing the active ingredient dextromethorphan (DXM), states across the country have passed laws to prohibit the sale of these medicines to minors.

Because you are a retailer in a state where legislation is pending or has already been signed into law, it's important that you know how to comply with this sales restriction.

## HERE'S A LIST OF ITEMS TO REMEMBER TO CHECK BEFORE YOU PROCEED WITH CHECKOUT:

- 1 CHECK** to see if the Stop Medicine Abuse icon is on the packaging
- 2 CHECK** the Drugs Facts label for dextromethorphan
- 3 CHECK** to see if the purchaser appears to be 25 years old or younger
- 4** If you determine that the product contains dextromethorphan AND the purchaser appears to be younger than 25 years old, ask to **CHECK** their ID to ensure they are 18 years old or older before allowing them to purchase the product



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

## HAVE QUESTIONS?

### WHAT HAPPENS IF I DON'T COMPLY WITH THE SALES LAW?

Failure to comply with these policies may result in civil and/or criminal penalties for the product seller and the purchaser. Penalties vary by state.

### DO I NEED TO MOVE PRODUCTS THAT CONTAIN DEXTROMETHORPHAN BEHIND THE COUNTER?

No. These products have always been – and will continue to be – over-the-counter. However, if a consumer is under the age of 18, it is prohibited by law to sell a product containing dextromethorphan to that individual.

### WHAT IS DEXTROMETHORPHAN?

Dextromethorphan is the active ingredient found in many OTC cough medicines. It is the most widely used cough suppressant ingredient in the United States and has been available for more than 50 years. When taken according to labeling instructions, medicines that contain dextromethorphan are safe and effective. However, when taken excessively, dextromethorphan can produce dangerous side effects.

### HOW MANY PRODUCTS CONTAIN DEXTROMETHORPHAN?

Over 100 OTC cough medicines contain dextromethorphan. These medicines can come in the form of liquids, capsules, gel caps, lozenges and tablets. The U.S. Food and Drug Administration's (FDA's) National Drug Code Directory maintains the most complete list of medicines containing dextromethorphan and is available at <http://www.accessdata.fda.gov/scripts/cder/ndc/>. To view the full list, select the search type "Nonproprietary Name" and then enter "dextromethorphan."

### HOW WIDESPREAD IS DEXTROMETHORPHAN ABUSE?

One in 30 teens have intentionally taken excess amounts (eight to 25 times the recommended dose) of OTC cough medicine with dextromethorphan to get high.

### WHAT ARE SOME COMMON SIDE EFFECTS OF DEXTROMETHORPHAN ABUSE?

When taken excessively, dextromethorphan can cause nausea, hallucinations, blurred vision, fatigue, and loss of motor control. When abused with other drugs, including alcohol, dextromethorphan may have additional harmful effects.

## YOU CAN LEARN MORE ABOUT

TEEN DEXTROMETHORPHAN ABUSE AT [www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org).

CHPA, founded in 1881, is a member-based association representing the leading U.S. manufacturers and marketers of non-prescription, OTC medicines and dietary supplements. CHPA and its member companies take the issue of dextromethorphan abuse very seriously, and support efforts to prohibit the sale of OTC medicines containing dextromethorphan to individuals under age 18 without a prescription. For more information, please visit [chpa.org](http://chpa.org) and our educational site, [StopMedicineAbuse.org](http://StopMedicineAbuse.org).

