

# Teens are going to the medicine cabinet for a high.



*5 percent of teens report abusing over-the-counter (OTC) cough medicines containing **dextromethorphan (DXM)**.*

## WHAT IS DXM?

- **Dextromethorphan (DXM)** is the active ingredient in most OTC cough medicines.
- DXM is the **most widely used cough suppressant** ingredient in the United States.
- When used correctly, DXM-containing medicines are safe and effective, but **when abused** in higher than recommended doses, DXM can produce **dangerous side effects**.

## WHAT ARE THE SIDE EFFECTS OF ABUSE?

- **Side effects** from DXM abuse include:
  - Nausea and vomiting
  - Abdominal pain
  - Confusion
  - Drowsiness
  - Dizziness
  - Double or blurred vision
  - Slurred speech
  - Rapid heart beat
  - Impaired physical coordination
  - Numbness of fingers and toes
  - Disorientation

## WHAT SHOULD PARENTS LOOK FOR?

**PARENTS:**

Learn about teen medicine abuse

[www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org)

### In the medicine cabinet...

- Look for the **StopMedicineAbuse.org icon** on the bottles or boxes to identify medicines containing DXM.
- **More than 100 medicines** containing DXM are on the market. They come in the form of liquids, capsules, gelcaps, lozenges, and tablets.

### Warning Signs...

- Listen for slang terms like “skittling,” “triple c’s” or “robotripping.”
- Warning signs like empty bottles or packages in your child’s backpack or trash.

## WHAT CAN PARENTS DO?

**TALK** to your teen about OTC cough medicine abuse.

**MONITOR** your medicine cabinets and your teen’s activities.

**SHARE** what you have learned with other parents and community leaders.

**STOPMEDICINEABUSE.ORG**