

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), Washington law (effective as of July 1, 2015) 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

Drug Facts

Active Ingredient	Purpose
(in each 15 mL tablespoon) Dextromethorphan HBr 15 mg	Cough suppressant
Use temporarily relieves cough due to minor throat and bronchial irritation	

PARENTS:

Learn about teen medicine abuse

www.StopMedicineAbuse.org

You can learn more about teen DXM abuse and what you can do to help prevent it at www.StopMedicineAbuse.org.