# Teens are going

to the medicine cabinet

for a high.



Around 3 percent of teens report abusing a 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
    Dizziness
  - Abdominal pain
  - Confusion
  - Drowsiness
- Double or blurred vision
- Slurred speech
- Rapid heart beat
- Impaired physical coordination
- Numbness of fingers and toes
- Disorientation

# WHAT SHOULD PARENTS LOOK FOR?



### 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.