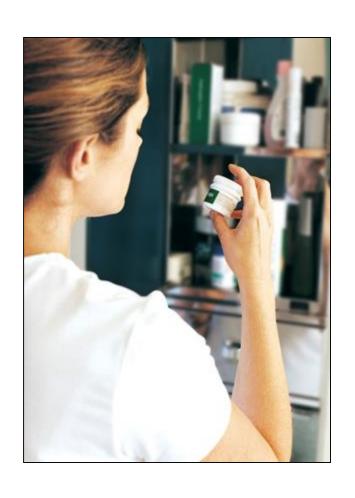
# Over-the-Counter Cough Medicine Abuse

Working together to protect teens

### **Rx and OTC Medicine Abuse**



The Office of
National Drug
Control Policy
reports that
medicine abuse is
our nation's
fastest-growing
drug problem.

## Teens Turn to Medicine Cabinets to Get High



- According to the 2014 Monitoring the Future Report, around 3 percent of teens have abused OTC cough medicines containing dextromethorphan (DXM) to get high.
- Teens mistakenly think this is a "safer" high.
- Unfortunately, many parents are not aware of this behavior.
- Detecting it is a challenge for parents and educators. Awareness is the key to prevention.

### What Is Dextromethorphan?

A safe and effective cough suppressant ingredient found in 100+ OTC cough/cold medicines

The most widely used cough suppressant in the U.S.

Abused by teens taking **25 times** or more than the recommended dose to get "high"

## How To Know If a Medicine Contains DXM

 Identify products that contain DXM by reading the ingredients list or by looking for this icon on the package.

## PARENTS:

Learn about teen medicine abuse

www.StopMedicineAbuse.org

## What Are the Side Effects of Abuse?

- Nausea and vomiting
- Abdominal pain
- Confusion
- Dizziness
- Double or blurred vision
- Slurred speech

- Impaired physical coordination
- Rapid heart beat
- Drowsiness
- Numbness of fingers and toes
- Disorientation

### **How Can You Prevent Abuse?**

### Step 1: Educate Yourself

- Know the Warning Signs
  - Empty cough medicine boxes or bottles in the trash a teen's room, backpack or school locker
  - Teens purchasing or using cough medicine when not ill
  - Missing boxes or bottles from home medicine supply
  - Hearing a teen use certain slang terms for DXM abuse, such as skittles, skittling, tussin, robo-tripping, robo, CCC, triple Cs, and Dexing/DXM

### **How Can You Prevent Abuse?**

Step 2: Monitor Your Medicines

Step 3: Talk to Your Teens

Step 4: Talk to Other Parents

### **How Can You Prevent Abuse?**

### Step 5: Learn More

- Go to StopMedicineAbuse.org to:
  - Order free brochures to read with your teen and share with other parents.
  - Connect with other parents through social media.
  - Learn about StopMedicineAbuse.org's Five Moms campaign.
  - Sign up for the monthly e-newsletter.