

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
 - 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

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.