

## DEXTROMETHORPHAN

Dextromethorphan (DXM) is a cough medicine. It is sold over the counter without a prescription. When used as directed, it is safe and effective.

Some people insist on finding ways to get high, no matter what. They think that taking huge amounts of DXM to feel lightheaded and drowsy is a good idea. It's an incredibly bad idea. Like any drug, DXM can be harmful if abused.

## DRUG ID

**Varieties:** Cough syrups, cold and cough capsules

**Street Names:** DXM, DMX, robo, robotripping, drix

**Methods of Use:** Swallowed

**Actions:** At normal doses, DXM can cause drowsiness as it stops or weakens the need to cough. At high doses, DXM makes abusers confused. They have feelings of unreality as well as pleasure. The effects of DXM last about 6 hours.

**Warning Signs:** People who have been abusing DXM may sweat heavily, stagger, and have rapid eye movements and flushed skin. They are likely to seem confused and drowsy, or hyperactive.

## THE NUMBERS

Taking 10 times the normal dose of DXM can cause seizures and hallucinations.



- Nausea, vomiting, abdominal pain, and diarrhea
- Elevated blood pressure and irregular heartbeat
- Hallucinations
- Numb fingers and toes

## USING OVER TIME

- Rapid pulse and elevated blood pressure
- Low body temperature
- Loss of muscle control
- Seizures, stroke, and brain damage

## WAY TO GO

If you have a cough, a teaspoon of dextromethorphan is just what the doctor ordered. Abusing DXM, though, can have serious consequences. It is dangerous on its own. Medicines that are often combined with DXM can also be quite harmful. Take DXM only as directed!

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