

THE ISSUE:

Recent studies of middle and high school students have found an alarming trend: using otherwise beneficial cough medicines and over-the-counter cold remedies to get high.



For more information on this topic, including specific drug interactions that may affect you or someone you know, please consult your pharmacist.



This information was created as a public service by the South Carolina Pharmacy Association and distributed by your local pharmacist.

Cough Medicine Abuse

HOW DANGER
MAY BE LURKING
INSIDE YOUR
MEDICINE
CABINET



The New Danger

As a parent, you are constantly looking out for the well being of your children. From helping with school work to putting that band aid on a scraped knee, you are their protector. Along with that important title, comes the responsibility of warning these young minds about the dangers of drugs and drug abuse.

However, times have now changed. The danger not only lurks out on the street corner; it also sits comfortably in your medicine cabinet. Long gone are the days where illegal drugs and underage drinking were the primary concerns of parents. Parents also need to be concerned about common household cold remedies.

What makes these drugs more dangerous than street drugs is that they are often readily accessible. Read on about how you can take the necessary precautions to protect your children.



What You Don't Know CAN Hurt You

The ingredient the teens are abusing in OTC cough medicines is dextromethorphan, or DXM. When used according to label directions, DXM is a safe and effective ingredient and is found in well over 100 over-the-counter cough and cold products. When abused in extreme amounts, DXM can be dangerous. The safe and recommended dose is 15-30mg of dextromethorphan. Abusers take up to 360mg or almost 25% more than the recommended dose.

Other Street Names

- Triple C
- Candy
- C-C-C
- Dex
- Dex
- DM
- Drex
- Velvet
- Vitamin D

Act of Abusing:

- Dexting
- Robotripping
- Robodosing



Side Effects:

- confusion
- impaired judgement
- blurred vision
- slurred speech
- dizziness
- vomiting
- abdominal pain
- lethargy
- hyperthermia
- fever
- **Can lead to fatality**

Helpful Tips to Prevent Your Child From Abusing Dextromethorphan:

- Lock your medicine cabinet, or move dangerous products to a hard to find location.
- Keep track of how much medicine is in each bottle.
- Look out for any medications in your child's room.
- Talk to your children about the dangers of abusing cough medicine.
- Always look for warning signs.

For more information, visit www.stopmedicineabuse.org or talk to your pharmacist.