

# DXM

## (Dextromethorphan)

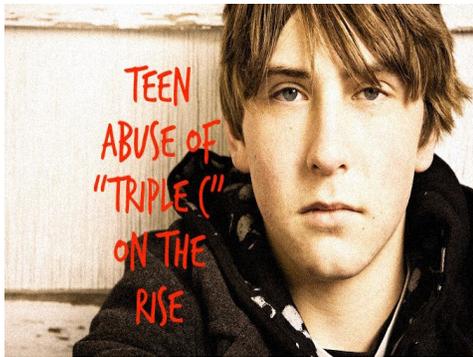
### What are DXMs common street names?

Common street names include: Cough Syrup CCC, Dex, DXM, Poor Man's PCP, Robo, Rojo, Skittles, Triple C and Velvet.

### What is DXM?

DXM is a cough suppressant found in more than 120 over-the-counter cold medications, either alone or with a combination of other drugs such as acetaminophen, antihistamines, decongestants and/or expectorants. The typical dosage for an adult is 15 or mg taken three or four times a day. When taken as directed, side effects are minimal. If taken in large quantities serious problems occur.

DXM can come in many forms such as: cough syrup, gel capsules, tablets and powder.



### How is DXM abused?

DXM is abused in high doses to experience euphoria, visual and auditory hallucinations. Abusers take various amounts based on their body weight and the type of effect they are attempting to achieve. Some abusers will inject 250 to 1,500 mg (milligrams) in a single dose, far more than the recommended therapeutic dose.

The new higher doses of DXM products are a favorite for abusers, as they do not need to consume high amounts of unpleasant tasting syrup. They are easily portable and concealed.

### What is the effect on the mind?

- Some of the effects on the mind are:
- Confusion
- Inappropriate laughter
- Agitation
- Paranoia
- Hallucinations
- Hyperactivity

### What is the effect on the body?

- DXM intoxication involves:
- Lethargy
- Loss of coordination
- Slurred Speech
- Sweating
- Hypertension
- Over-excitability
- Involuntary spasm of the eye-balls

## In Case of an Emergency

Call 911

Or

Get to the nearest Emergency Room



Kitsap County Substance Abuse Prevention and Youth Programs

<http://www.kitsapgov.com/hs/substanceabuse/substanceabuseprevention.htm>

