



# DXM

Dextromethorphan (DXM) is a cough suppressant that can be found in more than 100 different cough and cold medications, such as Alka Seltzer Plus, Coricidin, Delsym, Mucinex DM, Robitussin, Theraflu, Tylenol Cough & Cold, Vicks DayQuil/NyQuil, and literally dozens more, which include generic store brands of these cough and cold products. Most, if not all, of these products are sold in stores as over the counter products. DXM is a synthetic product of morphine. DMX is not a controlled substance; however, the Drug Enforcement Administration (DEA) does list it as a drug of concern.

At high doses, dextromethorphan is classified as a dissociative general anesthetic and hallucinogen. The controlled substances, ketamine and PCP (phencyclidine) also fall in this classified category.

Research studies indicate that dissociative drugs, like PCP, ketamine, and DXM, disrupt the actions of the brain chemical glutamate at certain types of receptors in our brain. These receptors are called N-methyl-D-aspartate (NMDA) receptors. Glutamate plays a major role in reasoning, learning, memory, emotion, and the perception of pain.

DXM can cause visual and auditory distortions. It can also produce a feeling of floating and a feeling of being detached from reality when high doses are taken. DXM can also cause or increase anxiety, memory loss, and impaired motor function, including shaking and numbness. The effects often depend on how much of the drug was taken. These effects can take place very quickly (within a few minutes) and they can last for hours. Below are some common effects associated with dosage levels of DXM taken.

For medical purposes, dosages are around 15 to 30 milligrams every four to 6 hours. Even at these low doses side effects can occur such as:

- constipation
- dizziness (mild)
- drowsiness (mild)
- headache
- nausea or vomiting
- stomach pain

NOTE: Labeling for medical use states usage not to exceed 120mg. per day/24 hours.

For purpose of having a hallucinogenic high, also known as Robo-Tripping or Skittling, most individuals need to take a dosage somewhere between 200mg-400mg. Most cough and cold products with DXM contain between 120 mg-200 mg in the entire package or bottle. So, on average, an individual would need to ingest 1-3 entire packages or bottles containing DXM to obtain a hallucinogenic high and over time, tolerance does occur and even higher and higher doses are needed to obtain the hallucinogenic high.

It should be noted that DXM can lead to liver damage, as most drugs filter through the liver when taken orally. Even more concerning is that many over-the-counter cough medications also contain acetaminophen as well, and taking more than 350 mg of acetaminophen a day, over several days, can lead to liver toxicity and death.

Below are some signs and symptoms of someone who maybe under the influence of DXM:

- Confusion
- Dizziness
- Double or blurred vision
- Slurred speech
- Impaired physical coordination
- Abdominal pain
- Nausea and vomiting
- Rapid heartbeat
- Drowsiness
- Numbness of fingers and toes
- Disorientation

With the cold and flu season upon us, it is easy to stock up on products that contain DXM. Please keep a close eye on the use of these products in your home.

For more information on DXM and other drugs of concern, please visit our website, [www.scipnebraska.com](http://www.scipnebraska.com).

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