



Did you know that some young people are getting high on items found in your own medicine cabinet?

There is a growing trend of teens abusing over-the-counter (OTC) medications to get high. Some of the most popular type of OTC products are cough and cold remedies that are sold at local pharmacies and convenience stores. Teens are choosing products that contain dextromethorphan (DXM), an ingredient that is found in many types of cough syrups and cold tablets. When DXM is taken in large doses it can produce a ‘high’ which can cause hallucinations, and feelings of euphoria and dissociation from one’s body. Other risks associated with DXM abuse are nausea, vomiting, irregular heartbeat, extreme confusion and seizures. There have even been reported cases of DXM overdoses that have resulted in coma and death.

DXM is found in more than 125 OTC products. Some of the more commonly abused brands of cough and cold medications are *Corcidin, Robitussin, Vicks Formula 44, Drixoral* and many others including generic brands. Most often products containing DXM will be labeled “DM,” “Tuss,” or “Maximum Strength.”

Listed below are some of the more popular slang terms that refer to DXM and cough and cold medicine abuse:

- Triple C’s
- Red Devils
- Skittles
- Vitamin D
- Robo-tripping
- Robo-dosing
- Orange Crush

Parents should be concerned if they notice their child is taking excessive amounts of cold medication, if medications seem to disappear from the medicine cabinet, or if you find cold tablets or empty cough syrup bottles in their bedroom or car. Most importantly, parents should talk to their child about the dangers of OTC drug abuse and remind them that the only safe way to use an OTC medication is to follow the directions on the package and only use the medication when they are sick.

If you suspect that your child has overdosed on any medication call your local poison control center at 1-800-222-1222, or take them to the nearest



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Federal, State and/or County funding has been provided by Oakland County Health Division Office of Substance Abuse Services to support project costs.