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DXM

What is DXM?

Dextromethorphan is a cough-suppressing ingredient found in a variety of over-the counter cold and cough medications. Like PCP and Ketamine, dextromethorphan is a dissociative anesthetic.

What are the street names/slang terms for DXM?

Dex, Robo, Skittles, Triple C, Tussin.

What does it look like?

Cough syrup and cough and cold tablets or gel caps that are available without a prescription.



How is it used?

DXM is swallowed.

What are its short-term effects?

The effects of DXM abuse vary with the amount taken. Common effects can include confusion, dizziness, double or blurred vision, slurred speech, impaired physical coordination, abdominal pain, nausea and vomiting, rapid heart beat, drowsiness, numbness of fingers and toes, and disorientation. DXM abusers describe different "plateaus" ranging from mild distortions of color and sound to visual hallucinations and "out-of-body," dissociative, sensations, and loss of motor control.

What are its long-term effects?

Cough medications including DXM can contain other ingredients, such as acetaminophen, which can be very dangerous when taken in large quantities. For example, large quantities of acetaminophen can damage the liver. DXM is also sometimes abused with other drugs or alcohol, which can increase the dangerous physical effects.

What is its federal classification?

Schedule I

Source

National Institute on Drug Abuse (NIDA)