

to purchase any item containing DXM. These stores should be praised for their foresight in actively reducing the availability of the drug to community youths.

**Nicknames for DXM:**

- Robo, Skittles, Triple C's, Rojo, Dex, Tussin, Vitamin D. DXM abuse is called "Robotripping" or "Tussing." Users might be called "syrup heads" or ".robotards."

**Symptoms of abuse**

- They include sweating; high body temperature; dry mouth; dry, itchy, or flaky skin; blurred vision; hallucinations; delusions; nausea; stomach pain; vomiting; irregular heartbeat; high blood pressure; numbness in toes and fingers; red face; headache; loss of consciousness.

**How much is too much?**

- A normal dose of DXM is 15 to 30 milligrams. Mind-altering effects can occur at doses as low as 100 milligrams, but many abusers consume enough pills or syrup (say, half a 12-ounce bottle) to result in a dose of 240-360 milligrams.



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**Robotripping**

Overdosing on Over The Counter Non-Prescription Cough and Cold Medicine. The Newest Fad.



Working with, not for, the citizens of Muncie.

- Robotripping is the ingestion of cough and cold medicines to get high. Robotripping is also known as “Dexing” or taking “Triple C’s” or “Candy.” These are key words used to describe robotripping.
- Kids as young as 12 years old can readily find information on the internet as to how much to ingest to get high.



### ***THE LATEST TREND IN DRUG ABUSE***

Emergency rooms and schools across the nation are reporting that waves of youths are overdosing on non-prescription cough and cold medicines that are widely available in drugstores and supermarkets. The dozens of overdoses in the last two years—including at least five deaths in which the abuse of over-the-counter medicines was a factor—reflect how medicines such as Robitussin and Coricidin are becoming more popular as recreational drugs for kids as young as 12.

### ***“DXM” IS THE WORD***

The incidents represent a dangerous turn from past decades, when some youths would guzzle cough syrup to try to get a buzz from alcohol and codeine. Most cough and cold medicines no longer contain alcohol, and those with codeine, an addictive opiate, are available only by prescription. But now more than 120 over-the-counter medicines include dextromethorphan, or “DXM”, a cough suppressant that when taken in heavy doses can produce hallucinations and a loss of motor control, much as PCP does.

### ***STREET NAMES: DEXING, TRIPLE C’S***

Kids don’t have to drink entire bottles of goopy cough syrup to go “Robotripping” or “Dexing.” Pills such as Coricidin HBP Cough and Cold Tablets—known as “Triple C’s”—offer far more potent doses of DXM with less hassle. Youths can buy the medicines

Easily, then go to Web sites to learn how much someone of their weight should take to get high.



### ***EASY TO GET.***

Whether in cough syrup or pills, DXM costs just a few dollars, is “easy to get and there’s a lot of information about how to get high on it on the Internet”. In Chicago, doctors began seeing DXM overdoses among teens three to four years ago and have up to four cases a week currently. DXM overdoses typically occur in clusters, as word of the drug spreads in a community’s middle and high schools. Growing concerns about DXM have led some drug stores to restrict access to cough and cold medicines. Retailers are seeing an increase in theft and shoplifting cases of the medicines. In Muncie, stores such as Wal-Mart require proof of age over eighteen years