

## Triple C, Coricidin HBP Cough and Cold Tablets

[Dextromethorphan \(DXM\) Drug Testing click here](#)

### From the National Drug Intelligence Center, U.S.D.O.J.

The abuse of DXM (dextromethorphan)--a common ingredient contained in over-the-counter cough and cold medicines--is an increasing concern for law enforcement officers in the United States. Adolescents are the primary abusers of the drug, most likely because it is inexpensive and relatively easy to obtain. Additionally, because DXM is a common ingredient in many cough and cold medicines, many adolescents do not perceive any risk in abusing the drug. Compounding the problem is that few parents know about the potential for abuse of the drug.

### Background

DXM is a synthetically produced substance that is chemically related to codeine, though it is not an opiate. DXM is an ingredient in more than 140 over-the-counter cough and cold remedies and since the 1950s has gradually replaced codeine as the most widely used cough suppressant in the United States. It is available in capsule, liquid, liquid gelatin capsule, lozenge, and tablet forms. It also is available in powdered form on the Internet--typically for sale to laboratories conducting research on DXM.

When ingested at recommended dosage levels, DXM generally is a safe and highly effective cough suppressant; however, when ingested in larger amounts, DXM produces negative physiological effects. Reports of DXM abuse have resulted in monitoring by the Drug Enforcement Administration (DEA), and DXM could be added to the Controlled Substances Act if warranted. In 2003 legislation was introduced in Texas and North Dakota to prohibit the sale of DXM to minors. The proposed legislation did not pass in either state. A similar bill introduced in California this year was also defeated.

Slang terms for DXM include DM, robo, rojo, and velvet. Slang terms for DXM intoxication include robo tripping, skittling, and dexing.