



HOT Sheet

Dextromethorphan

Dextromethorphan is a synthetic substance most commonly found in a variety of over-the-counter medicines. As a cough suppressant and expectorant, when the recommended dose is taken, it has few adverse effects and a history of being safe.

However, it can be a damaging substance. "Roboing" or "Robotripping" is intentionally exceeding the suggested dose. Robo comes from the name of the common cough medicine Robitussin.

- Individuals exceed the suggested dose to achieve a "high"
- Most people hallucinate and space out and feel like they are in another world
- Other side effects include loss of motor control, confusion, dizziness, blurred vision and slurred speech
- Long term effects may include permanent organ damage
- Easy access for many individuals, most common group being teens

Other common medicines containing Dextromethorphan include the following:

- Vicks Formula 44
- Tylenol Simply Cough
- Nyquil Cough
- Mucinex Cough
- Dimetapp DM Cold & Cough
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If you have questions, please contact Patty Karn, Prevention Supervisor at The Blair County Drug and Alcohol Program, Inc. 814-381-0921, pkarn@blairdap.org