



# *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, the 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

If you have questions, please contact Briana Cunningham, Prevention Supervisor at Blair Drug & Alcohol Partnerships by calling (814) 381-0921 or by emailing [bcunningham@blairdap.org](mailto:bcunningham@blairdap.org).