

DEXTROMETHORPHAN (DM)

WHAT YOU NEED TO KNOW

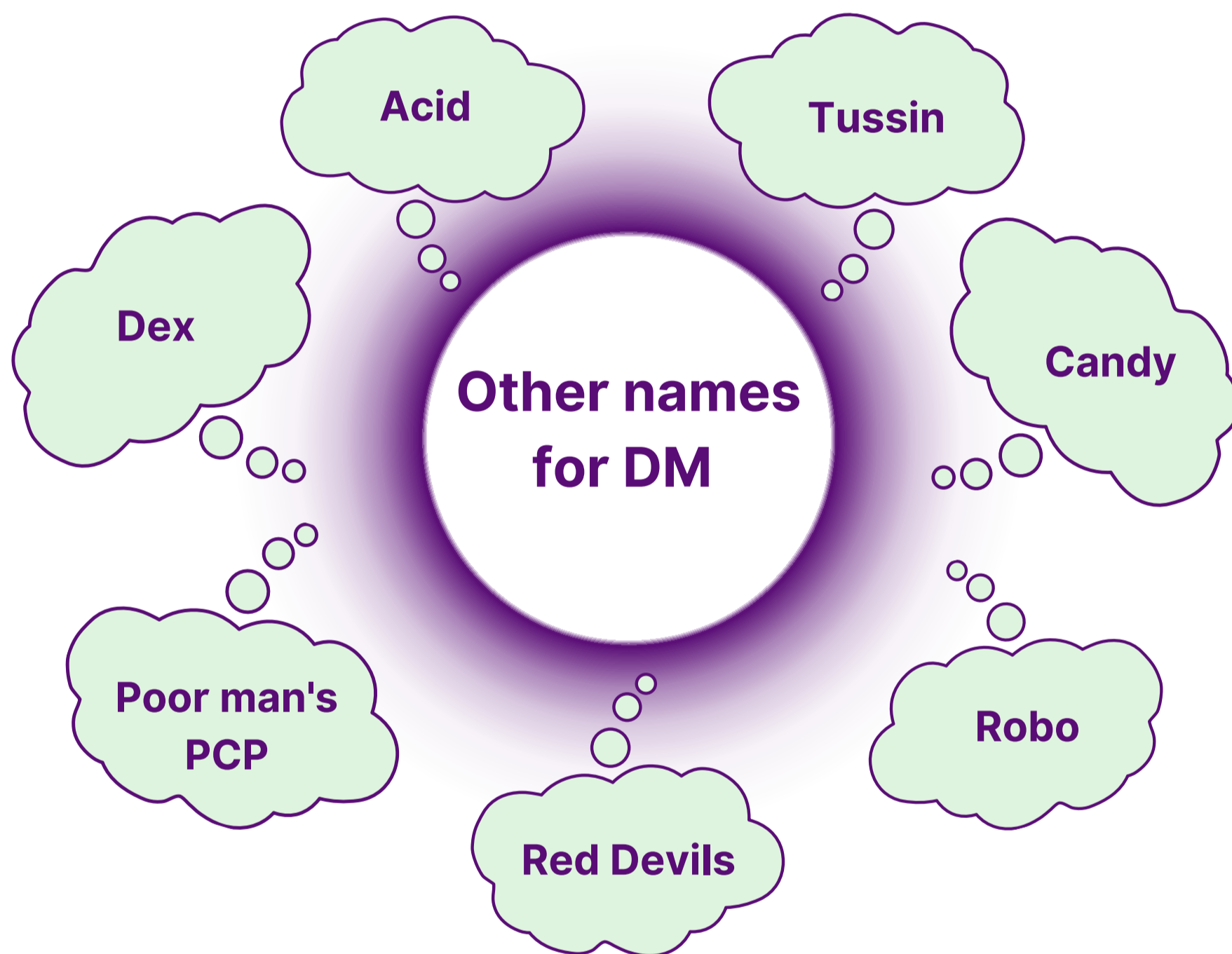
What is it?

DM can be psychoactive



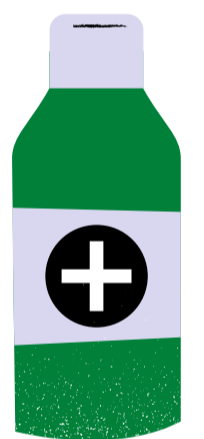
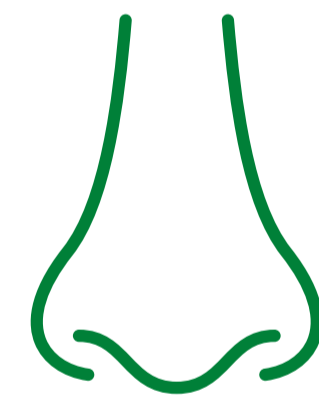
Dextromethorphan (DM) is a cough suppressant found in many different types of cough medicines. It can be misused because of its ability to cause hallucinations and euphoria at high doses.

DM usually comes as a liquid but may have other cough and cold substances mixed in with it, such as acetaminophen, ibuprofen, and pseudoephedrine.

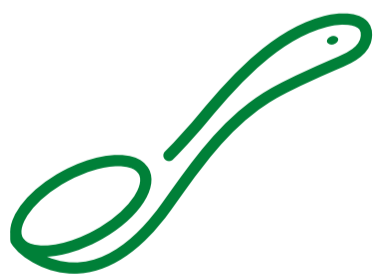


How is it used?

Dextromethorphan is taken orally or snorted.



What are the effects?



The severity of the effects from DM depend on the dose.



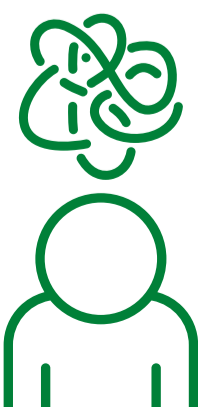
It can cause behavioural changes, like laughing at inappropriate times and agitation.



At high doses, DM causes a rapid heart rate and elevated temperature. This can even lead to cardiac arrest.



DM can also cause a loss of coordination including walking in a straight line. This increases the risk of accidental injury.



DM may also cause hallucinations and psychosis. This may lead to paranoia and completely losing touch with reality.



Withdrawal from DM can last for up to 3 weeks, and include severe vomiting and diarrhea, muscle aches, and difficulty sleeping.

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When do you seek emergency help?



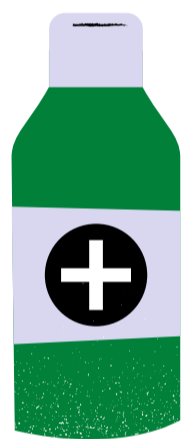
Poisoning or overdose: Taking too much DM than your body can handle, or combining it with other substances.

Signs: Rapid heart rate, overheating, sweating, extreme paranoia and psychosis, difficulty walking, and blown pupils.

Get help right away! DM poisonings or overdoses can lead to cardiac arrest, coma, or even death.

Did you know?

Cough medications that contain DM usually have other ingredients that can also be harmful in large amounts, such as pain relievers (acetaminophen or ibuprofen) and decongestants (pseudoephedrine).



Cough and Cold

At regular doses, DM is very safe and usually has no side effects.

Always look at the dosing on the label before taking cough medicine.

If you're unsure, ask the pharmacist!

For more information visit us at:

www.DECYDE.ca

How to stay safer?



Not using DM is the best way to stay safer and avoid harms.

If you still decide to use DM, consider these harm reduction strategies:

1

Don't mix! Mixing DM with other substances can greatly increase your risk of serious side effects- including overdosing.

2

Plan for safety. Have a ride arranged for after you use DM.

3

Timing matters! Avoid using DM if you have work or school. It can impair your concentration and judgement.

4

Moderate use. Regular use can affect your health and relationships with others. It may lead to dependence.

5

Use in a familiar area. This lowers the risk of accidental injury and anxiety.

6

Don't use alone. Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.