

The Drug File

OTC Drug Abuse Dextromethorphan

Robotripping/Robodosing

There are code/street names for every drug and cough/cold medicine is no exception. Among them are Dex, DXM, Skittles, Syrup, Tussin, Triple-C, and CCC. Popular expressions for abusing over-the-counter (OTC) cough medicine are Robo-tripping, Dex-ing, Robo-fizzing, and Skittling. Users are sometimes called "syrup heads" or "robotards."



"Robotripping/Robodosing" is a slang term for a type of over-the-counter drug abuse. The addict will drink a bottle of cough syrup all at once, or even take a large quantity (at least a handful) of cough suppressant pills. To the uninitiated, this sounds like a strange method of getting high, but this type of drug abuse lives strong and has been on the rise for quite some time.

More than 125 commercial cough remedies contain the synthetic drug dextromethorphan (DXM). When used as directed, this drug can effectively help with a cold but, when abused, DXM is a central nervous system depressant.

DXM is used by many teens and is frequently used in combination with other drugs; a very dangerous, sometimes deadly, party cocktail.

Even if you live alone, it's basic common sense to know what's in your medicine cabinet and to make sure that you throw away expired medications and other remedies. It's even more important to keep track of these medications when you live with children and youth. Be sure to pay attention to your children and monitor their behaviour, not just for drug abuse but for all emotional issues. Take time out to speak with your child about drug abuse of all kinds; not just illegal street drugs, but prescription drugs and over-the-counter drugs too.

Open, honest communication is the foundation of a healthy relationship with your children. Talk with them and help them become resilient and strong.