

BASES Bulletin 4-06: Coricidin abuse

What is it: Coricidin has become one of the most popular, recreational drugs for youth as young as 12 years old. It contains the drug dextromethorphan, which is found in over 100 non-prescription products on the market. When used according to the manufacturers directions there are few side effects and use is determined to be effective. The higher the dose ingested the more likely the problems such as – loss of motor control, confusion, impaired judgment, blurred vision, abdominal pain, seizures, brain damage, possible death and dissociative effects: distortion of sight and sound and hallucinations.

Warnings

- Do not take if you are using MAO Inhibitors (antidepressants, harmine and harmaline)
- Do not take if you are using SSRI's (Prozac, Celexa, Lexapro, Paxil and others)
- Can cause serotonin syndrome with fever, hypertension and arrhythmias
- Nausea, stomach cramps, gastro-intestinal effects can occur and may persist days after use

Tips for Retailers

- Shoplifting is common – keep track of missing products
- If shoplifting occurs: prosecute – lectures are not effective
- Align or place products so they can be monitored by employees
- Know the laws regarding sales of various products to minors
- Educate employees about various products
- Watch for minors who regularly buy identified products & note unusual consumption of certain products
- Monitor sales of harmful products and refuse to sell unusual quantities without parental consent

Tips for Parents

- Nicknames for DXM: Robo, Skittles, skittling, Triple C's, zoning, robotripping, robodosing, robocops, robotards, syrup heads, Rojo, Tuss, tussin, candy, C-C-C, Dex, dexing, Red Devils, Velvet, Vitamin D
- Monitor teens activities and circle of friends: know who, what, when, where
- Post the number for Poison Control (1-800-222-1222) a 24 hour emergency number
- Educate yourself about the dangers of drugs: over the counter, prescription, legal and illegal substances www.drugfreeamerica.org/dxm
- Recognize signs and symptoms of use
 - Change in friends, sleeping patterns and school grades
 - Physical symptoms of abuse: sweating; high body temperature; dry mouth; dry itchy/flaky skin; red face; numbness in fingers and toes; lethargy, loss of consciousness; headaches; delusions; stomach pain; nausea/vomiting; irregular heartbeat; slurred speech
 - Disconnection from activities
 - Uncooperative attitude
 - Missing money from house, wallet, unauthorized credit card use
- Get your child involved in some type of activity – after school sports, clubs, performing arts, etc. Examine what is offered in your community
- Communication is key – talk with your child about the dangers of using, send a clear no use message
- Be proactive rather than reactive
- If your child is currently using: find resources that can help <http://findtreatment.samhsa.gov> the treatment referral hotline
- Keep medicines that can be abused in a place that is less accessible and track what you currently have
- Monitor usage of internet – be on the lookout for sites that may promote the abuse of various substances

For more information, please contact BASES – 231-547-1144