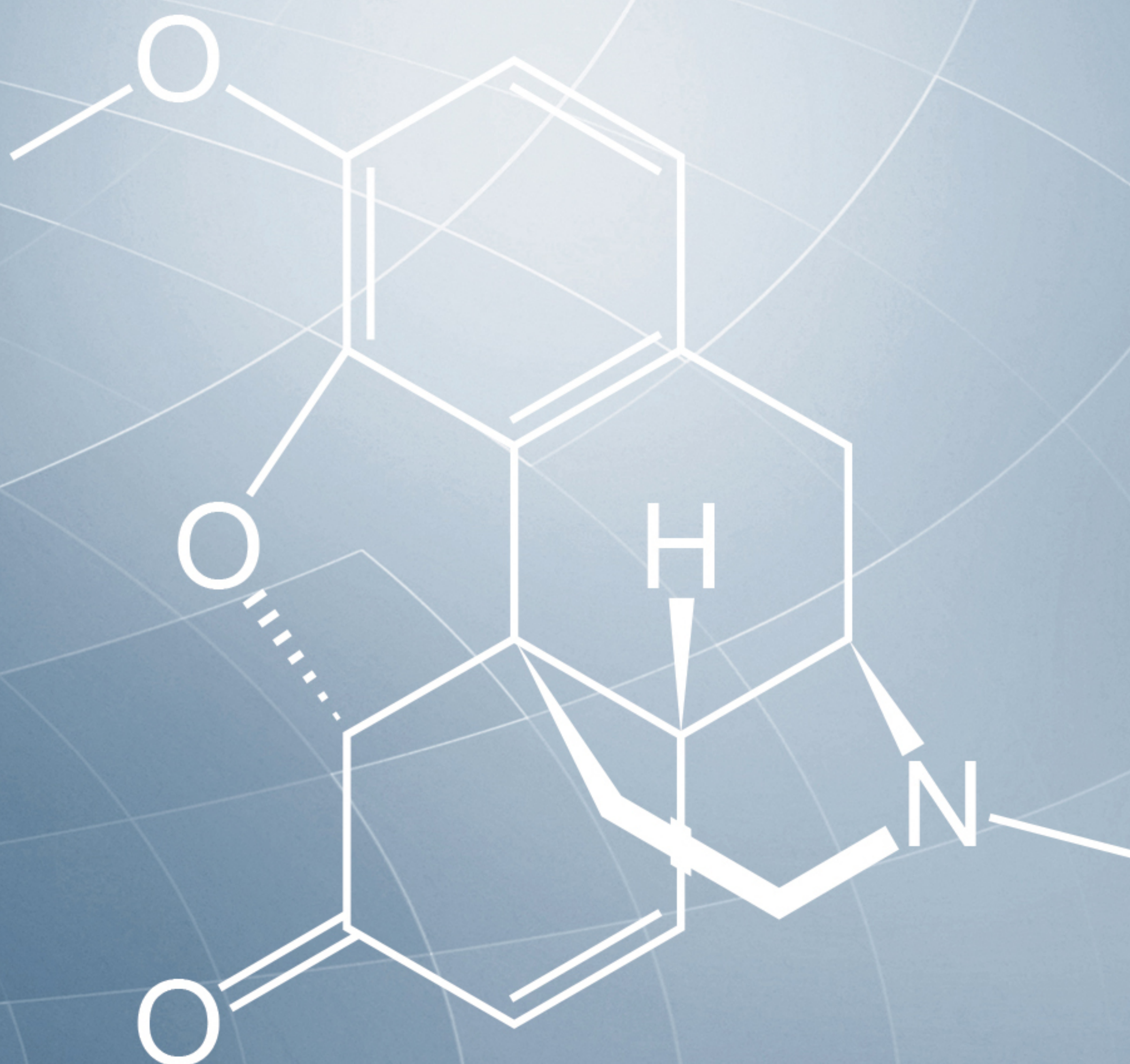


# DXM

robo, dm



## What is DXM?

- Dextromethorphan (DXM) is a semisynthetic opiate derivative of morphine and is also a psychedelic drug.
- DXM is often referred to as Robo Tripping or DM.
- DXM was approved for use as a cough suppressant in 1958 and subsequently became available in pill form, which then was replaced with cough syrup to "discourage recreational use."
- DXM is associated with other dissociatives such as ketamine, PCP, and nitrous.

## How is DXM used?

- DXM is usually administered orally. Although rare, pure DXM powder is occasionally insufflated (snorted).

## What are the effects of DXM?

- At low doses, DXM can be similar to alcohol and induces states of euphoria. Additional effects occur such as an increase in senses, sociability, and "creative dream-like experiences."
- At higher doses, imagination can become vividly experienced, feelings of dissociation from the body can occur, and sometimes alterations in one's consciousness.
- DXM takes about 20 minutes to 1 hour to take effect and DXM's peak occurs 1 ½ to 3 hours after initial dose. The total duration of a DXM experience is from 4 to 8 hours. Extended release DXM can last 6 to 12 hours.

## What is the dosage of DXM?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- A typical dose-unit of DXM (liquid measure, pill, capsule) ranges from 20 mg to 30 mg.
- As a warning, it is easy to miscalculate DXM dosages so check product for other dangerous active ingredients such as CPM.

## Harm Reduction Tips for DXM

- DXM can impair judgment. Driving while under the influence of DXM is dangerous.
- Combining DXM with alcohol and/or anti-depressants is dangerous and could be fatal with high doses.
- Because DXM reacts black on a marquis reagent, it is sometimes sold as MDMA in the hopes of fooling a single use "ecstasy" test. Always use multiple reagents to test samples.
- Negative effects include nausea, stomach cramps, unpleasant gastrointestinal effects, and can be hard on your kidneys and pancreas. Reports indicate possible hangovers associated with DXM use.
- DXM is legal and a widely available over-the-counter cough suppressant.
- Regular use of DXM can produce tolerance, leading to users using higher and higher doses.

## What if somebody is having a difficult experience?

- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before DXM is used, the risk of 'bad trips' or accidents/injuries can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.
- Find a friend who can reassure them.
- Stress to them that their panic is caused by the drug, and will wear off in a few hours, if not sooner.