

- **Cough and Cold Medicine Abuse**
 - Due to how easy it is to procure cough medicine in local drug stores, medications containing psychoactive ingredients are commonly abused. Although these medications are easily procured, the dosages that are ingested to obtain a high exceed the FDA's regulations and put the user at risk due to the medicine's ingredients, including expectorants and antihistamines. The main compound that induces a high from ingestion of OTC cough syrups is commonly Dextromethorphan (DXM) or Promethazine-codine cough syrup. Although these both produce a euphoric sensation, they need to be ingested at dangerous levels to do so. (drugabuse)
 - **Street Names:** C-C-C, Triple-C, Skittling, Syrup, sizzurp, purple drank, barre, lean, robotripping, robo (drugabuse)
 - **Uses:** The only way to ingest cough and cold medicines is orally, though it comes in many forms. The most common forms seen today are tablets, capsules, gel capsules, and syrups. While DXM is usually taken in its original form, promethazine-codine cough syrup is either ingested alone or mixed with other ingredients, such as alcohol or soda, to improve flavor. (drugabuse)
 - **Physical Effects:** Although ingesting cough syrup safely treats many common illnesses, taking these medications at high doses affect the body in the same way as many illegal drugs. Some of the physical effects of OTC cough and cold medication include impaired motor function, numbness, rapid eye movement, sweating, hyperactivity, slurred speech, nausea and vomiting increased blood pressure and heart rate, buildup of acid in bodily fluids, and increased body temperature. Due to the effect of these OTC medications on the lungs and heart, overdose can lead to severe respiratory depression. This depression often leads to hypoxic brain damage and stopping of the heart, both of which are fatal. (drugabuse)
 - **Psychological Effects:** OTC cough medication often makes the users experience a sense of euphoria. This is only one of the many psychological effects that the psychoactive compounds have on the mind. Some of the other effects include Panic attacks, dissociation from the body, visual and auditory hallucinations, impaired judgment and mental performance, paranoia, lethargy, visual disturbances, feelings of floating, and altered time perception. (cesar)
 - **Long-Term Effects:** It is unknown what the long-term effects of high doses of OTC cough and cold medication will have on the body. (drugabuse)
 - **Withdrawal:** It is unknown what the extent of the effects withdrawal from OTC cough and cold medication will have on the body. (drugabuse)

Sources:

Center for Substance Abuse Research [<http://www.cesar.umd.edu>]

Drugabuse [<http://www.drugabuse.gov/publications/drugfacts>]