

# Police warn parents of illicit use of cough medicine

## Pharmacies place syrup behind counter

The Halton Regional Police Service is warning parents and youth about the illicit use of cough medicine containing dextromethorphan.

The Drug, Gun and Gang Unit has received several calls from local pharmacists and parents regarding this recent trend.

Dextromethorphan is the active ingredient in several over the counter cough medicines.

The illicit use of dextromethorphan can cause a high or a so called 'robo-trip.' Large doses or overdoses can lead to the following symptoms:

- Breathing problems — slow

and laboured breathing, shallow breathing, no breathing

- Bluish-coloured fingernails and lips
- Blurred vision
- Coma
- Convulsions (seizures)
- Drowsiness
- Dizziness
- Hallucinations
- Vomiting

Dextromethorphan is not listed

in the Controlled Drugs and Substances Act and is therefore an over the counter medicine.

Several pharmacies in Halton have noticed youths coming in to buy cough medicines containing dextromethorphan. Some pharmacists have placed them behind the counter.

Although dextromethorphan is not a controlled substance, the

recreational use and possible overdose could lead to other criminal charges such as; administering a noxious substance or criminal negligence.

Halton police encourage parents to discuss the dangers of dextromethorphan and urge pharmacies to place all cough medicines containing dextromethorphan behind the counter.

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