

# Any Lab Test Now

## DEXTROMETHORPHAN (DXM) DRUG TEST

### **DESCRIPTION**

Dextromethorphan (DXM) is an antitussive (cough suppressant) medication that is generally found in many over-the-counter cold and cough medications. When taken as prescribed on the label side effects are mild and include fever, dizziness, nausea, vomiting, pupil dilation and excessive sweating. However, DXM can and is being abused by many young adults and teens. Serious side effects when taken in large quantities are concerning and include seizures, confusion, agitation, impaired coordination, disorientation and hallucinations.

Standard drug tests may not be able to identify DXM, although it has been shown to test similarly to Phencyclidine (PCP) causing a false positive for that drug.

### **WHY DO I NEED THIS TEST?**

The potential for abuse of DXM is very high in teens and young adults, and is on the rise, because it is easy to get and quickly and easily produces feelings of intoxication that are similar to those from PCP. 10% of teens have abused DXM at some point. Patients at hospitals who arrive with a new-onset seizure are frequently tested for DXM levels and may be referred for drug rehabilitation treatment. Reports have shown that some users are cutting DXM with heroin to enhance the effects of the drug.

Many parents wouldn't suspect anything if they found an empty cough syrup bottle or empty cold medicine packet lying around. Most of us would also think it incredible that someone would want to drink a whole bottle of cough medicine, but abuse of DXM sends thousands of people to the emergency room every year. The potential for toxic side effects is very real and abuse or overdose can lead to liver damage, heart attack, stroke, coma and death. If you suspect your teen or child of getting to the cough syrup you should seek medical help immediately.

### **AM I REQUIRED TO FAST FOR THIS PANEL OF LAB TESTS?**

No. You are not required to fast for this test.

### **HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?**

Test results are generally available within five (5) business days after your specimen is collected.

### **WRITTEN BY:**

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

**FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567**

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