SB159: Restrict Teen Access to Dextromethorphan (DXM) Act

What is Dextromethorphan?

- The most widely used over-the-counter ("OTC") cough suppressant.
- Safe and effective when taken as recommended.
- Non-narcotic, not physically addictive.
- Found in more than 150 OTC cough medicines.
- Approved by the FDA for OTC sale for over 50 years.

What is the problem?

- Roughly one in three teenagers knows someone who has abused OTC cough medicine to get high.1
- Sometimes more than 25 times the recommended dose of these medicines is taken.2
- Roughly 1 teen out of every American classroom has abused DXM.3

What is the objective of the proposed legislation?

- To restrict sales of DXM to minors.
- To make Nevada part of the solution in preventing cough medicine abuse by our youth and to be part of the national solution to continue decreasing abuse rates (national abuse rates have decreased by 35% among 8th, 10th, and 12th graders since 2010).
- 12 other states have passed age 18 requirements for DXM and 6 are considering passing similar laws.

What does the industry currently do to prevent DXM abuse by minors?

- Manufacturers of DXM medications place a parental warning of teen abuse on the packaging of their products.
- The vast majority of national retailers do not sell DXM medications to individuals under age 18.
- The Consumer Healthcare Products Association (CHPA) is engaged in a sophisticated education and awareness program targeted at teens and parents alike.

Who supports this legislation?

- Boys & Girls Club of America
- Community Anti-Drug Coalitions of America (CADCA)
- Drug Abuse Resistance Education (D.A.R.E.)
- National Alliance for Hispanic Health
- National Association for Alcoholism and Drug Abuse Counselors (NAADAC)
- National Association of School Nurses (NASN)
- Partnership for Drug-Free Kids
- Safe Kids Worldwide
- Treatment Communities of America (TCA)
- Consumer Healthcare Products Association (CHPA)

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1 www.stopmedicineabuse.org
2 Ibid
3 2015 National Institute on Drug Abuse study, Monitoring the Future