

## DRUG COMBINATIONS

\* Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.

### DAINGEROUS

**MAOIs** - Extreme risk of death

**Anti depressants** - Risk of serotonin syndrome possibly fatal

**Diet Drugs** (ie. fenfluramine, phentermine or phen-fen) - Risk of serotonin syndrome

### MDMA

**Alcohol**- Both substances potentiate the ataxia and sedation caused by the other and can lead to unexpected loss of consciousness at high doses. Place affected patients in the recovery position to prevent vomit aspiration from excess. Additionally CNS depression can lead to difficulty breathing. Avoid on anything higher than 1st plateau.

**GHB/GBL**-Both substances cause ataxia and bring a risk of vomiting and unconsciousness. If the patient falls unconscious while under the influence there is a severe risk of vomit aspiration if they are not placed in the recovery position. This combination is hard to predict

**Opioids**- CNS depression, difficult breathing, heart issues, hepatotoxic, just very unsafe combination all around. Additionally if one takes dxm, their tolerance of opiates goes down slightly, thus causing additional synergistic effects.

**Tramadol**

### CAUTION

**Non-drowsy antihistamines**- Avoid. Especially if mixed in with the DXM ingredients.

**Benzodiazepines**- Small doses of benzos can end a bad trip, but both substances potentiate the ataxia & sedation caused by the other & this can lead to unexpected loss of consciousness at high doses. While unconscious, vomit aspiration is a risk if not placed in the recovery position.

## DRUG TESTS & ROADSIDE TESTS

### Roadside Police:

Roadside testing does not detect DXM. However if police believe you are impaired, they may ask you to complete a standard impairment test. This involves assessing balance, coordination, and overall behaviour. They can also ask for a blood or urine test. Visit Vic Roads to find out what drug driving offences you can be charged with.

### Workplace:

OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, & a risk assessment should be done to determine whether testing of employees is appropriate. **Urine: 1 hr - 3+ days after, Hair: Up to 90 days, Blood: 15min - 2 days after**

### MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing. In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

**Knowledge is power.**

### OTHER HELPFUL PEER BASED WEBSITES

#### AUSTRALIA

[www.dancewize.org.au](http://www.dancewize.org.au)  
[www.dancewizensw.org.au](http://www.dancewizensw.org.au)  
[www.hi-ground.org](http://www.hi-ground.org)  
[www.prism.org.au](http://www.prism.org.au),  
[www.consciousnest.info](http://www.consciousnest.info)  
[www.hrvic.org.au](http://www.hrvic.org.au)

#### INTERNATIONAL

[www.erowid.org](http://www.erowid.org)  
[www.tripsit.me](http://www.tripsit.me)  
[www.dancesafe.org](http://www.dancesafe.org)  
[www.tripproject.ca](http://www.tripproject.ca)  
<https://www.kosmicare.org/>  
[www.pillreports.com](http://www.pillreports.com)

**Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post these Drug Alerts on our socials.**



# DXM

DEXTROMETHORPHAN

## STREET NAMES

ROBO, DM, DXM, ROBOTRIPPING OR SKITTLING

## CHEMICAL COMPOUND

Dextromethorphan hydrobromide (C18H25NO)

KNOW YOUR BODY & MIND - 'SET'  
KNOW YOUR ENVIRONMENT - 'SETTING'  
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'

SAY 'KNOW' TO DRUGS.

## DESCRIPTION

Dextromethorphan hydrobromide ('DXM' or 'DM') which, when taken at doses exceeding the recommended therapeutic range, becomes a powerful dissociative drug with psychedelic properties. Part of the morphinan class of substances, DXM has sedative, dissociative, and stimulant properties (*at higher doses*). Dissociatives are mostly NMDA receptor antagonists, these substances are **hallucinogenic but different than psychedelics**. As per the name, these substances create a distance between the user and reality. It is also the cough suppressant in many over-the-counter ('OTC') cold and cough medicines especially in those with 'DM' or 'Tuss' in their names. Dextromethorphan has numerous other uses in medicine, ranging from pain relief (*as either the primary analgesic, or an opioid potentiator*) and psychological applications to the treatment of dependence. **DXM is not to be confused with Dextrorphan or Dexamethasone.**

Sold in syrup, tablet, spray, & lozenge forms. In its pure form, dextromethorphan occurs as a white powder. Examples include Robitussin, NyQuil, Dimetapp, & Vicks.

It is **IMPORTANT** to make sure DXM is the only active ingredient in the preparation.

## ADMINISTRATION (MOST COMMON ROUTES)

Most commonly ingested orally.

## DURATION OF EFFECTS

**Total duration:** 4-6 hours

**Onset:** 20-60 minutes

**Peak:** 1.5 - 3 hours

**Coming down:** 1-2 hours

**Hangover/After effects:** 1-12 hours

**HALF LIFE** (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of the drug wear off after 4-6 hours, the drug is still active in your system for up to 24 hours after you have taken it. Remember this if using other substances or if redosing.

## EFFECTS

KEY: 🍷 LESS COMMON 🍷 RARE

= 'Set' (your mind & body) + 'Setting' (environment) + Drug  
Effects will vary from person to person. Doses are affected by weight.

There are four different kinds of experiences, based on different dosage amounts called plateaus.

**THE FIRST PLATEAU** (1.5-2.5mg/kg): mild stimulant effect with a little bit of a buzz, / has been compared to MDA

**THE SECOND PLATEAU** (2.5-7.5mg/kg): more intoxicating, been compared to being drunk & stoned at the same time

**THE THIRD PLATEAU** (7.5-15mg/kg): is dissociative, like a lower dose of ketamine.

**THE FOURTH PLATEAU** (15-20mg/kg): fully dissociative like a higher dose of ketamine. You should AVOID higher plateau doses unless you have someone with you who can take care of you in case you get sick or freak out. It happens on DXM. Many things can happen unexpectedly on upper plateaus, such as spontaneous memory recall, complex delusions, hallucinations, out-of-body experiences, near-death experiences, and perceived contact with spiritual or alien entities. You need a strong foundation of support and experience to navigate this space.

**\*WARNING: Death has occurred in the 25mg/kg range.**

## PHYSICAL

- Urinary Retention
- Increased Heart Rate
- Increased Blood Pressure
- Sweating
- Itchiness
- Lethargy
- Slurred Speech
- Red/Blotchy Skin Rashes
- Hyperactivity
- Nystagmus (Rapid Eye Movement)
- Difficulty Communicating
- Nausea/Dizziness
- Allergic-Like Responses

## EMOTIONAL

- Euphoria
- Happiness / Mood Lift

## PSYCHOLOGICAL

- Visual / Auditory hallucinations
- Dissociation
- Reduced or increased anxiety
- Introspection
- Music enhancement
- Confusion
- Depression/fatigue
- Talkative
- Short term memory loss or confusion
- Disorientation
- Paranoia
- Altered time perception

**It is Not recommended that you use DXM if you have:** Respiratory (breathing) issues, Liver issues, Heart issues.

## LONG TERM EFFECTS

The toxicity and long-term health effects of recreational DXM use in humans has not been studied in any scientific context and the exact toxic dosage is unknown. illness, but it is important to be aware of this possibility. Many chronic users report significant issues with memory, attention, and mood that persist for many months after stopping usage.

## SAFER USING

- AVOID using any preparation of DXM that has ANY other active ingredients, as they can make you sick and/or dead.
- General rule of thumb for DXM : 1 plateau/week. In other words, If you take a Third Plateau Dose, wait 3 weeks before using again. If you use a Second Plateau dose, wait 2 weeks before using again.
- Try to **use in comfortable environments with people you trust** to look out for you
- Watch out what you are mixing DXM with, as mixing with certain drugs can cause serotonin syndrome, or Ataxia,
- Some people can't use DXM due to a genetic mutation in an important enzyme. **Do your research.**

## SAFER HANDLING

- Carrying drugs & paraphernalia puts you at greater risk of criminal charges (inc. trafficking, even if you don't deal).
- Know your local laws.**