

Professional Notice

To: Pharmacy Practitioners
From: Nova Scotia College of Pharmacists
Date: February 23, 2024
Re: Dextromethorphan Abuse

IWK Health clinicians have reported a concerning level of substance abuse of dextromethorphan among youth in Nova Scotia. They have requested that pharmacies take steps to reduce access to youth seeking it for abuse.

While dextromethorphan is currently listed as a Schedule III drug, pharmacists can use their professional judgment to further control access to a drug. This could include:

- Placing dextromethorphan products behind the counter.
- Limiting the number of dextromethorphan products made available for self selection.
- Monitoring inventory and sales of dextromethorphan products.