

TIPS AND TRICKS

- Use in a safe environment with people that you trust. Avoid using GHB without other people around.
- Let your friends know when you are dosing and how much you are having. Your friends can (and should) also let you know if they think you should ease up.
- Use your phone to record the time of your doses – it's easy to forget when you had your last dose and accidentally re-dose too soon.
- Keep the drug in a clearly marked glass bottle whenever possible – GBL and 1,4B are corrosive solvents and may melt plastic.
- Add food dye to your GHB so it's not mistaken for water.
- Replace syringes regularly. The lines and numbers are often rubbed off from repeated use – using sticky tape to cover the lines and numbers can make them last longer, but it's best to replace syringes as often as possible.
- Shake the bottle before each dose to ensure an even distribution of the drug in the liquid for more consistent dosing.
- Dilute GHB in a non-alcoholic drink to decrease corrosive effects on your digestive system. Putting your dose in a glass of water or soft drink can make it easier to stomach.
- GHB can feel like it's worn off when it is still active in your system. Exercise caution whenever re-dosing.



MORE INFO

This resource is not a complete guide so do some further research. The following websites may help:

www.dancewizensw.org.au
www.nuaa.org.au
www.prism.org.au
www.erowid.org
www.hrvic.org
www.dancesafe.org
www.tripproject.ca
www.yourroom.health.nsw.gov.au

This resource has been developed for people who use or intend to use drugs. Our role is to provide factual, relevant and practical information so you can make informed decisions. We promote harm reduction and safer partying.

This resource has been developed and adapted by DanceWize NSW with support from DanceWize, Harm Reduction Victoria, PRISM, and DanceSafe.

DanceWize NSW is a program of NSW Users and AIDS Association (NUAA)



JUST SAY KNOW.



GHB

G, JUICE, OJ, GINA, MILS, FISHIES, FANTASY, LIQUID ECSTASY, GBH*

*(MOSTLY BY POLICE AND TABLOID NEWS MEDIA)

Know your mind, know your body, know your substance, and know your limits

GHB is a central nervous system depressant drug, meaning that it acts to slow down heart rate and breathing. GHB is usually sold as a liquid, but it can also come in powder form. In Australia, GBL and 1,4B are commonly sold as GHB – these compounds are turned into GHB in the body. GHB itself has a salty or sometimes a liquorice taste, while GBL and 1,4B have an unpleasant bitter chemical taste.

This resource will refer to GHB throughout; this can be taken to apply to GBL and 1,4B interchangeably, except where specifically stated.

CHEMICAL COMPOUND

GHB – gamma-hydroxybutyrate
GBL – gamma-butyrolactone
1,4B – 1,4-butanediol

HOW IT'S TAKEN

Swallowed

DOSAGE AND SAFER USING TIPS

Taking drugs is never without risk. Information on dose and length of action are of a general nature. Each person's response to a drug will depend heavily upon individual factors such as body weight, kidney and liver function. Because most purchased drugs are of unknown purity and weight, use caution when dosing, start low and go slow.





- The difference between an overdose and a recreational dose can be less than 0.5 mL, so exercise extreme caution when dosing. Seek medical assistance immediately, if you suspect you or your friend has overdosed.
- Liquid GHB can vary widely in strength. Start with a small dose of any new batch to test strength.
- GHB dosage varies based on substance strength and the user's body weight. A standard dose is usually between 1-2 mL. Start at the lower end if you are inexperienced or using a new batch.
- For accurate dosing it's best to use a 3 mL syringe (plunger/barrel) without a sharp (needle).
- Soy sauce fish containers are sometimes used to measure doses. When full, standard capacity is 2.6mL however these sizes vary between states, and some states have 4-8mL fish.
- Wait at least 1 hour before redosing. Some people take smaller doses (1 mL) every hour, while others take larger doses (2 mL) every 2 hours.
- GHB has a stacking effect over multiple doses throughout a session; which means the second or third dose will have a stronger effect than the first. For this reason, it's best to lower your dose slightly when redosing, e.g. first dose = 1 mL, second dose = 0.9 mL, third dose = 0.8 mL, etc.
- Any food in your stomach when you dose will slow down the absorption of GHB. You may not feel the effects so much, but it is still in your system and the risk of overdose still exists.
- If you or your friends witness a 'G drop' or overdose, you should get medical help immediately. Call 000 in urban areas. At a festival, get the medics to attend the incident.

ROADSIDE DRUG TEST

It is illegal to drive under the influence of any illicit drugs, including GHB. GHB is not detectable by a saliva test. It's best not to drive until the effects have completely worn off and you have had a decent sleep. Make sure you take this into consideration when planning your ride home from a festival or event.







 **Seek help from onsite medical, DanceWize NSW or call 000 if experiencing adverse reactions**

MOST COMMON EFFECTS*

Decreased motor skills
Lack of coordination
Relaxation
Blurred vision
Slurred speech
Involuntary muscle twitches – can cause legs to give way 
Nausea 
Drowsiness
Vomiting 
Depressed breathing & heart rate 
Euphoria
Happiness
Mood lift
Increased sexual desire
Increased appreciation of music/people/dancing

*Effects vary greatly from one person to another.

LESS COMMON EFFECTS

Repetitive motions
'Chicken arms'
Unconsciousness ("blowout") 
Rolling eyes 
Nodding off 
Excitability
Aggression 
Confusion 
Blackout 
Decreased social inhibition

RARE EFFECTS

Seizure/convulsions 
Incontinence 
Death 

POSSIBLE LONG-TERM EFFECTS

These effects are possible with extended use

- Risk of physical and psychological dependency
- Stomach ulcers

UNSAFE COMBINATIONS

GHB combined with...

- **Alcohol** = nausea, vomiting, and overdose. Alcohol and GHB/GBL act on the brain in similar ways and increase the sedative effects of one another. Alcohol stops the effects of 1,4B from coming on straight away, leading to potentially dangerous redosing, and possible overdose. It is STRONGLY recommended that you avoid combining GHB/GBL/1,4B with alcohol.
- **Depressants (benzos, opioids, etc.)** = overdose, loss of consciousness, depressed breathing and slowed heart rate which can lead to death.
- **Ketamine** = risk of harm related to loss of coordination and/or consciousness and it's possible to choke on your own vomit.
- **Stimulants** = heart strain. Symptoms are difficult for emergency services to properly diagnose, making them difficult to treat. The erratic behaviour that can come from this combination can make it necessary for medical staff to involve security or police for their safety.

Take a look at the TripSit drug combinations chart online, or in the DanceWize NSW chill space for info on other combinations.



GHB use is not recommended if you have or have had:

- Liver problems Speak to your doctor for more info on drug combinations/health conditions.
- Kidney problems Speak to DanceWize NSW for referrals.
- Stomach ulcers

DURATION OF EFFECTS

Total duration: 1.5-5 hours

Onset: 10-20 minutes

Peak: 45-90 minutes

Coming down: 15-30 minutes

Hangover/after effects: 2-4 hours

Even though the apparent effects of the drug wear off after 1.5 hours, the drug is still active in your system for up to 5 hours after you have taken it. Remember this if choosing to use other substances.