

WHEN SHELVING (DRY) OR PLUGGING (WET MIX)

- Use lubrication to avoid tearing the skin.
- Use a condom or latex/vinyl gloves to avoid internal scratches.
- Wash your hands thoroughly before and after.
- Find a discreet and safe place to do it.

SAFER HANDLING

- **Keep your GHB away from children or pets.** Use child proof lids on your G bottles and containers.
- **Always mark bottles containing G, (and consider adding food colouring), so nobody mistakes it for water or anything else.**
- **GHB is corrosive and can degrade plastic bottles and measuring equipment.** It will eventually rub the markings off your plunger. Fresh plungers will always be given out free of charge at DanceWize and any Needle & Syringe Exchange (NSP).
- GHB can be absorbed directly through the skin. When measuring charges, be careful that you don't spill any on yourself as that may cause you to accidentally overdose or blow out. If you spill any on a surface, remember to clean it off immediately before someone else can touch it by accident.
- Avoiding sharing plungers to avoid sharing any infections.

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.*

DANGEROUS

Alcohol - GHB combined with alcohol is particularly risky as they enforce each other's depressant effects. Can lead to nausea, vomiting or overdose.

Ketamine, Opioids or other depressants – Can lead to overdose, loss of consciousness, difficulty breathing and possible death.

CAUTION

Ice, Speed, MDMA, Cocaine or other Stimulants – GHB will work against stimulants, slowing down breathing and heart rate while the stimulant will speed them up. Despite the two drugs counter acting each other, giving a mate speed/stimulants is NOT a safe way to bring them out of a blowout. The two drugs will still have the same impacts on the body and combining the two could lead to heart strain or seizures.

DRUG TESTS & ROADSIDE TESTS

Roadside Police:

Roadside saliva tests do not look for GHB. It is illegal to drive under the influence of any illicit drugs, including GHB and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: up to 12 hours; Hair: up to 90 days; Blood: up to 24 hours.

'Pill Testing'/Drug Checking: Lab-quality testing has been trialed in Australia but is not yet available as a health service outside the ACT. However, DIY reagent testing is an option. Robadope reagent reacts with GHB.

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
www.dancewizensw.org.au
www.hi-ground.org
www.prism.org.au,
www.consciousnest.info
www.hrvic.org.au

INTERNATIONAL

www.erowid.org
www.tripsit.me
www.dancesafe.org
www.tripproject.ca
<https://www.kosmicare.org/>
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.



GHB

GHB/GBL/1,4-B

STREET NAMES

G, juice, fantasy, OJ, liquid E, liquid X,
grievous bodily harm

CHEMICAL COMPOUND

GHB (gamma-hydroxybutyric acid) or prodrugs
GBL (gamma butyrolactone)
or 14-B (14-butanediol)

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

SAY 'KNOW TO DRUGS'.

DESCRIPTION

Gamma-hydroxybutyrate (GHB) is a depressant that acts on the central nervous system (CNS), slowing down breathing and heart rate. GHB has been used as a medicine since the 1870s and is still used to treat sleep disorders.

In Australia it is very rare to find pure GHB, the majority of what is sold as "G" will instead be one of 2 closely related substances – either GBL or 1,4-B. Both GBL and 1,4-B are converted into GHB in the body, and so will have very similar effects. The main differences between each substance are the strength of the substance, the dosage required and the duration of effects. All three substances have a very narrow window between what is considered a euphoric dose, and an overdose.

GHB is often heavily stigmatized because it can cause sudden drops in and out of consciousness, (called 'blow outs') which can be confronting to witness and challenging for first responders.

THE 3 TYPES OF "G"

GHB – when pure is a white powder, or a clear colourless liquid when dissolved in water. It has a salty, almost savoury taste. Pure GHB is less strong than the other types of G and the effects may sometimes wear off more quickly, however you should be careful about increasing your dosage based on this.

1,4-B – when pure is an oily solid, until it melts into a thick clear liquid at 21°C. It has a distinctive unpleasant "plastic" taste. 1,4-B is stronger than GHB but slightly less so than GBL and is by far the most common form of G found in Australia.

GBL – appears very similar to 1,4-B as a thick clear liquid. It has a strong, unpleasant acidic chemical taste. GBL is caustic and will painfully burn the mouth and throat if not diluted. GBL is the strongest of all 3 types and so requires smaller doses, extra care should be taken when measuring doses of GBL.

ADMINISTRATION (MOST COMMON ROUTES)

Ingested orally.

Note: a "safe" dosage of GHB greatly varies from person to person, what could be fun for one person could be dangerous for another.

(eg. 1,4-B: 1-1.5mL, GHB: 1.5-2g, GBL: 0.8-1.2mL approx every 1.5 hours)

DURATION OF EFFECTS

Total Duration: 1.5-5 hours

Onset: 10-20 minutes

Peak: 45-90 minutes

Coming Down: 15-30 minutes

After Effects: 2-4 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 GHB may wear off after 1.5 hours, the drug is still active in your system for up to 12 hours after you have taken it. Remember this if using other substances or redosing.

EFFECTS

= 'Set' (your mind & body) + 'Setting' (environment) + Drug

KEY: 🦊 LESS COMMON 🦊 RARE

PHYSICAL

- Decreased motor skills and lack of coordination
- Relaxation
- Slurring of speech
- Involuntary/tonic muscle twitches, which can cause your legs to give way under you
- Repetitive motions or actions
- Grogginess
- Depressed breathing
- Other effects similar to alcohol intoxication
- Sweating
- Irregular shallow breathing
- Blackouts & Memory loss
- Nausea / Vomiting 🦊
- Unconsciousness (can last for 3-4 hours) 🦊
- Urinary incontinence 🦊
- Diarrhea 🦊
- Headaches
- Dizziness 🦊
- Seizures 🦊
- Convulsions 🦊
- Death 🦊
- Physical dependence (withdrawal symptoms become apparent within 1-6 hours of dose) 🦊

EMOTIONAL

- Elevated mood
- Euphoria
- Relaxation

PSYCHOLOGICAL

- Reduced social inhibitions
- Increased appreciation of everything
- Increased sexual desire / Sexually stimulating
- Others appear more attractive
- Music enhancement
- Confusion
- Anxiety 🦊
- Paranoia 🦊
- Psychosis (as it leaves the system) 🦊

LONG TERM EFFECTS

Long term GHB use may lead to physical dependence and addiction. You can build tolerance within 7-14 days of use. GHB withdrawal can be fatal and should be managed in a hospital setting.

SAFER USING

- Try to **use in comfortable environments with people you trust** to look out for you if you overdo it
- **HYDRATE.** Drink lots of non alcoholic liquids.
- Food changes the way GHB is absorbed by your body, **avoid** eating up to 2hrs before taking.
- **Use a plunger** (slip syringe barrel) to measure your own doses to the 0.1ml.
- GHB solutions can range widely in strength depending on how much it has been watered down. Be extra cautious when trying a new batch that you don't know the strength of yet.
- **GHB doses can "stack"** or build on one another, as even though you might not feel the effects of the G as much there will still be some left in your system. After the initial charge, make sure you lower the amount of any re-doses to take this into account.
- Wait at least 1.5-2hrs between charges. Record the time of use and mls somewhere accessible to keep track of when exactly you've taken each charge, (or try setting an alarm on your phone in case you forget).

WHEN INGESTING or SWALLOWING

- 1,4-B or GBL can have a very unpleasant taste which can cause nausea. More pure batches may even be corrosive and burn your mouth & throat.