



## SAFER USING

- Use around people you trust and somewhere you feel safe.
- Take at least 2 hours after eating.
- Use a plunger (slip syringe barrel) to measure your own doses to the 0.1ml.
- Record the time of use and mls on your arm /somewhere accessible if you blow out (overdose) and need help.
- GHB solutions can range widely in strength from 200mg/ml to 1000mg/ml.
- GHB may actually be 1,4-B or GBL (converts in your body to GHB) and the chance of overdose may be increased.
- Start with small dose. GHB doses 'stack' or build on one another—lower your dose if re-dosing.
- Wait at least two hours before redosing Set an alarm on your phone.
- Remember: GHB combined with alcohol, opioids, benzos, other Depressants/'downers' and ketamine is really dangerous.
- Food reduces bioavailability, ie the way is GHB is absorbed by your body

## RECTAL PLUGGING (WET MIX)

- Use lubrication to avoid tearing the skin
- Use a condom or latex/vinyl glove to avoid internal scratches
- Wash your hands thoroughly before and after
- Use sterile water to mix with powdered pill
- Find a discreet and safe place to do it.

## SAFER HANDLING

- Keep GHB away from children. Use child proof lids on your G bottles and containers.
- Add food colour to your GHB so nobody mistakes it for water.
- GHB is corrosive and can degrade plastic bottles and measuring equipment.

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

## LONG TERM EFFECTS

Physical dependence. You can build tolerance within 7-14 days - GHB withdrawal can be fatal and should be managed in a hospital setting

## DRUG TESTS

**Roadside Police:** GHB is not detectable by a saliva test. 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: 24 hours; Hair: Up to 90 days; Blood: up to 24 hours.

**'Pill Testing'/Drug Checking:** Lab-quality testing has been trialled in Australia and is not available as a health service yet but DIY reagent testing is an option. Robadope reagent reacts with GHB.

## MORE INFO

This resource has been made by people who use drugs for their peers & the wider community. The role of DanceWize is to provide credible & non-judgmental info to promote health & harm reduction. In an unregulated (illegal) market you don't know the purity or dose of any drug and there is always some risk. You can educate yourself and practise harm reduction to reduce risk.

**Knowledge is power.**

## MORE INFO @ WWW.

dancewize.org.au  
dancewizensw.org.au  
higround.org  
prism.org.au  
consciousnest.info  
erowid.org  
tripsit.me (drug combos chart)

dancesafe.org  
tripproject.ca  
kosmicare.org/  
pillreports.net  
bluelight.org

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'



# GHB

## 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 1,4-B (1,4-butanediol)

Know Your Body & Mind - 'Set  
Know Your Environment - 'Setting  
Know Your Drug - Practise Harm Reduction

## DESCRIPTION

Gamma-hydroxybutyrate (GHB) is a depressant that acts on the central nervous system (CNS) slowing down breathing and heart rate. In Australia you are more likely to find GBL or 1,4-B than GHB. GBL and 1,4-B are chemicals that are closely related to GHB. Once GBL or 1,4-B enter the body, they convert to GHB almost immediately. GHB can be described as tasting 'salty'; and GBL and 1,4-B 'like drinking liquid plastic' or a strong, unpleasant, bitter, acid, chemical taste. 1,4-B, when pure, is an oily solid (it looks frozen) until it reaches 21° Celsius (when it will turn into thick clear liquid). GHB has been used as a medicine since the 1870s and is still used to treat sleep disorders. The dose range is very narrow and the difference between euphoria and overdose is small. This drug is heavily stigmatised because it can cause sudden drops in & out of consciousness ('blow outs') which can be confronting to witness and is challenging for first responders to manage.

## 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

## HALF LIFE:

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.

## SIGNS OF OVERDOSE

- Vomiting
- Sweating
- Irregular shallow breathing
- Blackouts & Memory loss
- Unconsciousness that can last for 3-4 hours
- Seizures
- Death

## EFFECTS

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

 LESS COMMON  RARE

## PHYSICAL

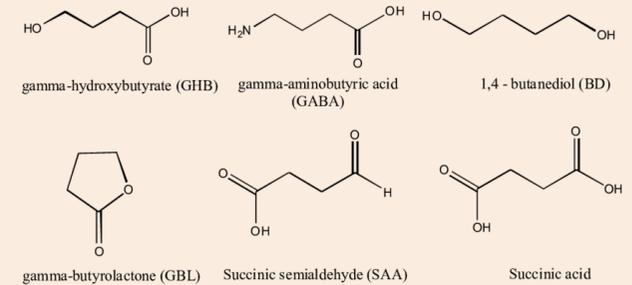
- Decreased motor skills and lack of coordination
- Relaxation
- Slurring of speech
- Involuntary/tonic muscle twitches, which can cause your legs to give way under you
- Repetitive motions or actions
- Grogginess
- Depressed breathing
- Other effects similar to alcohol intoxication
- Sweating
- Irregular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

## EMOTIONAL

- Mood lift
- Euphoria
- Happiness
- Relaxation

## PSYCHOLOGICAL

- Reduced social inhibitions
- Increased appreciation of music, dancing and talking
- Increased sexual desire / Sexually stimulating
- Others appear more attractive
- Changed (often increased) response to sexual stimuli
- Music enhancement
- Confusion
-  Anxiety
-  Paranoia
-  Psychosis (as it leaves the system)



## 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** - nausea, vomiting and overdose. GHB combined with alcohol is particularly risky as they enforce each other's depressant effects.

**Ketamine** - overdose, loss of consciousness, difficulty breathing and possible death.

**Opioids/other depressants** - overdose, loss of consciousness, difficulty breathing and possible death.

## CAUTION

**Meth/Amphetamines & other Stimulants (MDMA, Cocaine etc)** - heart strain. This combo means the drugs are working against each other. The GHB will slow down breathing and heart rate while the stimulant will speed them up. Can be a particularly challenging situation switching between lowered consciousness and confusion to agitation, aggression. Ice does not keep you awake or bring you out of a blow out.

**It is not recommended to use GHB if you have or are at risk of:**

- Liver problems    Kidney problems
- Stomach ulcers
- Seizure disorder such as epilepsy
- Using GHB, GBL, or 1,4-B during pregnancy may cause fetal harm.