

COMBINATIONS

GHB combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Alcohol = nausea, vomiting and overdose: GHB combined with alcohol is a particularly risky combination as both are processed by the liver. Alcohol will always be processed first as the GHB floats on the alcohol; this means that if you have a dose of GHB, drink alcohol, and then have some more GHB your body will process the alcohol followed by the 2 doses of GHB. This can lead to overdose as your body may not be able to cope with the 2 doses at once. We highly recommend avoiding this combination.
- Depressants and opiates = overdose, difficulty breathing and ultimately respiratory failure which may lead to death
- Stimulants = heart strain. These drugs work against each other, the GHB will slow down your CNS while the stimulant will speed it up. In an emergency this makes it hard for paramedics to diagnose which substance you actually need treatment for. A particularly difficult combination is that of ice and GHB - in an emergency those trying to help are often confronted with aggression and confusion, as the person requiring treatment doesn't know what is going on and can quickly go from being unconscious to wide awake. In these cases help from security or the police may be required
- Ecstasy = heart strain

It is **not** recommended to use ghb if you suffer (or have suffered) from:

- Liver problems
- Kidney problems
- Stomach ulcers

SAFER USING TIPS

- Remember: Combining GHB with alcohol is an extremely dangerous combination and can cause overdose and death (see combos)
- Look out for your mates - know what and how much they have taken and tell them what you have taken
- Use your phone to record the time of your doses to help you keep track of time or set a timer so that you don't re-dose too soon
- It's best to keep G in a clearly marked glass container and to replace your plungers regularly - G is corrosive and may melt plastic
- It is also a good idea to add food dye to your GHB so someone doesn't mistake it for water
- Keep away from children
- Sticky tape can be used to cover the measurement markings on a syringe/plunger to prevent them from corroding/wearing off
- It is best to replace your syringe regularly but try not to change syringe style as it can be hard to adjust to the new syringe
- Try diluting the GHB, this means your dose will be bigger but it reduces the risk of you taking too much. 10ml of GHB diluted in 1 cup (250ml) of water means your standard dose is now 25ml

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.dancewize.org.au
www.hrvic.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.trippproject.ca

Produced by DanceWize, a project of Harm Reduction Victoria
With the support of FebFast Australia 2012



KNOW YOUR MIND, KNOW YOUR BODY, KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

GHB comes in different forms; most of them have a very salty taste or taste like liquorice. 1,4B and GBL on the other hand are described as tasting 'like drinking liquid plastic' or a strong, unpleasant, bitter, acid, chemical taste.

1,4B when pure is an oily solid (looks frozen) until it reaches 21°C when it will turn into thick clear liquid. If the 1,4B is diluted 50/50 with water, expect it to turn solid (or 'freeze') at around 10°C. GBL, when pure, is a clear liquid and only freezes into a solid at -44°C. If the GBL is diluted 50/50 with water, expect it to freeze around -22°C.

DOSAGE TIPS

GHB has a steep dose response - the difference between a euphoric response and overdose is small. Average dose is 1ml and as little as this can cause an overdose.

- **It is a good idea to start with a small dose and to measure your dose** - if you don't have a syringe (plunger/barrel), ask DanceWize for one
- Give it plenty of time to work
- Try to avoid re-dosing for 2 hours
- When re-dosing, it is best to do so with a lower amount than your previous dose
- Try to have a friend with you who can keep track of time. Tell your friend what you have taken and when you took it - it is easy to lose track of time
- GHB doses build on one another (e.g. the third dose can feel more potent than the first) so it is a good idea to lower your dose progressively throughout a session
- It is best to dose yourself so that you know how much you have had
- If you are worried about your measurement, ask someone else to check it

ADMINISTRATION

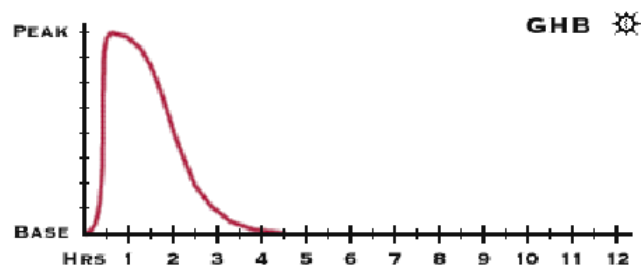
Oral

DURATION

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: GHB remains active in your system for up to 5 hours after you have taken it and long after the effects have worn off. It is important to take this into account if you are planning to use other drugs in conjunction with G

Roadside drug test: Not detectable in saliva testing



EFFECTS

(The following is a list of possible effects, which may vary from person to person)

Physical

- Decreased motor skills and lack of coordination
- Relaxation
- Slurring of speech
- Involuntary muscle twitches, which can cause your legs to give way under you
- Repetitive motions or actions
- Nausea
- Vomiting
- Grogginess
- Unconsciousness
- Convulsions
- Depressed breathing
- Other effects similar to alcohol intoxication

Emotional

- Mood lift
- Euphoria
- Happiness
- Relaxation

Psychological

- Reduced social inhibitions
- Increased appreciation of music, dancing and talking
- Increased sexual desire
- Others appear more attractive
- Changed (often increased) response to sexual stimuli
- All the above can lead to unwanted and negative sexual encounters

STREET NAMES

G, GBH, Fantasy, Juice, OJ

CHEMICAL COMPOUND

GHB (gamma-hydroxybutyrate), GBL (gamma-butyrolactone) or 1,4B (1,4-butanediol)

