

GHB / GBL / 1,4B

WHAT IS G?

GHB / GBL / 1,4B

GHB (Gamma-Hydroxybutyrate) and the prodrugs GBL (Gamma-Butyrolactone) and 1,4B (1,4-Butanediol), are central nervous system depressant drugs that slow the heart rate. All three substances are referred to as 'G'. G is taken orally.

GBL and 1,4B are commonly sold in Australia as substitutes for GHB. They are chemically similar, and when consumed they quickly convert to GHB in the body. GBL is typically stronger than GHB, and the effects can be felt faster, which significantly increases the risk of accidental overdose.

GHB is described as tasting salty, while GBL and 1,4B are described as tasting soapy, bitter, like plastic, or as having a distinctly chemical flavour.

Some reagents may detect the presence of GHB, compared to GBL: cobalt nitrate, Marquis Reagent and Mandelin reagent.

G is a colourless, odourless, slightly oily liquid that is clear to semi-opaque.

G use is stigmatised because overdoses (especially G + stimulant overdoses) can be confronting and challenging to manage. This stigma adds to the risk of harm as it creates barriers to people seeking help.

Never mix G with alcohol. Using both can create a build-up of G and increase the risk of an overdose.

TYPICAL EFFECTS

G is a sedative and can make you feel relaxed and happy. You may also experience reduced inhibitions, increased sex drive and enhanced sociability.

At high doses, side effects can include unconsciousness and death.

G is addictive. Physical dependence can develop between 1-2 weeks. Withdrawal can be fatal and should be managed in a hospital setting.

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GHB & GBL	Remain liquid in below zero temperature eg. still liquid when in household freezer
1,4B	In pure form freezes at 21 degrees Celsius. When 50:50 dilution with water, freezes at about 10 degrees Celsius, so will freeze in a fridge.

LESS THAN 0.1 mL

The dose range is very narrow. The difference between a dose that achieves a euphoric experience and a potential overdose can be very small, less than 0.1 mL.

G: EFFECTS

EFFECTS VARY

The effects of G will vary and not everyone will experience all common effects and side effects.

COMMON EFFECTS		
PHYSICAL	EMOTIONAL	PSYCHOLOGICAL
Decreased motorskills 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 Sleepiness Grogginess Depressed breathing Other effects that present similar to alcohol intoxication Irregular shallow breathing Blackouts and memory loss Sweating	Mood lift Euphoria Happiness Relaxation	Increased appreciation of music, dancing and talking Increased sexual desire/sexually stimulating Others appear more attractive Changed (often increased) response to sexual stimuli

LESS COMMON	RARE
Death Seizures Convulsions Physical dependence (withdrawal symptoms become apparent within 1-6 hours of dose) Anxiety/paranoia Psychosis (as it leaves the system)	Nausea/vomiting Unconsciousness (can last for 3-4 hours) Urinary incontinence Diarrhea Headaches Dizziness Ringing in the ears

G: DOSAGE & WAYS TO REDUCE RISKS

DOSE CORRECTLY

Because batches vary and everyone's body is different, it is always safer to start with a low dosage.

When you get a new batch, start with a small dose to test how strong it is.

Different people react differently to G, so never assume you can safely take the same amount as your friends.

Driving while drug affected can significantly reduce control of a vehicle. Driving while impaired is illegal. While roadside saliva tests may not target G, police can use other tests if impairment is suspected.

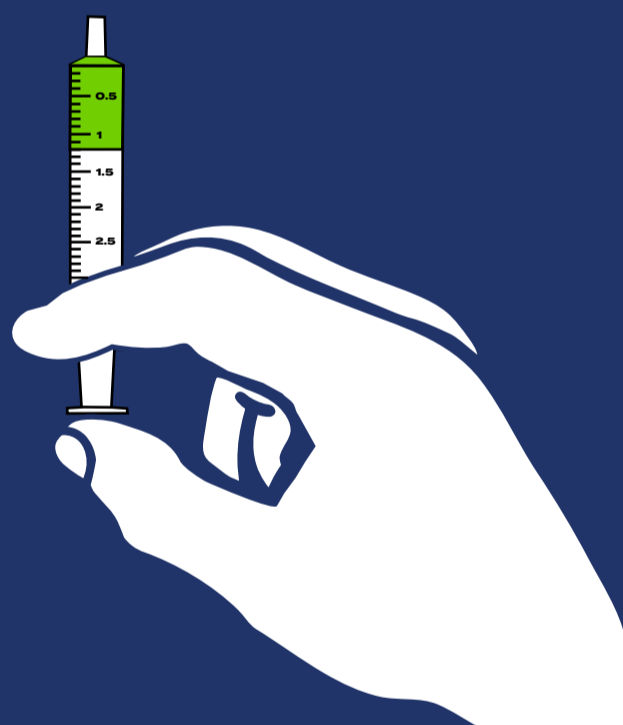


Dosing can be tricky. It is very easy to overdose on G, both because the strength can vary from bottle to bottle and because the doses involved are measured in such small quantities.

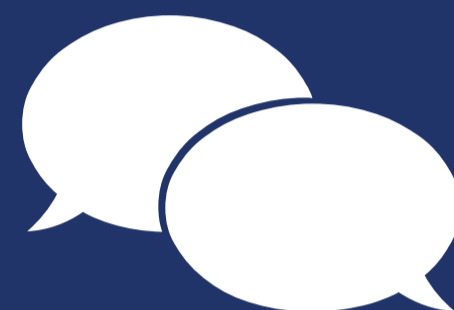
**REMEMBER,
THERE IS ALWAYS A RISK
ASSOCIATED WITH
TAKING DRUGS.**



Measure your dose precisely using a slip syringe barrel without a needle.



It's important to stay in control with the amount you are taking. Do not let anyone else measure it out for you.



Tell your friends when and how much you are taking. Record the time and dose to the 0.1 mL. Write it on your arm or text it to your friend.



Never use alone.

Your body weight is also an important factor in getting the right amount. The difference between a dose that achieves a high and one that causes overdose may be very small, less than 0.1 mL.

G WITH OTHER DRUGS

MIXING INCREASES THE RISK OF OVERDOSE

TO BE SAFE, WAIT AT LEAST 2 HOURS BEFORE RE-DOSING

HOW G WORKS

Successive doses will have a stronger effect than the last dose. Think of it as a stacking effect.

If you are re-dosing, it's always best to lower your dose slightly each time.

Combining G with methamphetamine (ice)/amphetamine or other stimulants like cocaine and MDMA can be extremely dangerous and even fatal as such combinations place the heart under strain.



If you are feeling sick or unwell, tell your friends and seek help immediately.



Use the timer on your phone to record when you take each dose.

Don't store G in your water bottle. It's a good idea to put some food colouring dye in your G so you know it's not water.

Never pour G casually into a cup, and never drink directly from the bottle. Always measure precisely to the 0.1 mL.



Never mix G with alcohol. Both G and alcohol are metabolised by the liver. The presence of one can slow the metabolism of the other. Using both can cause a build up of G and increase the risk of overdose.



Combining G with other depressants like opioids and benzos, or a dissociative like ketamine can be extremely dangerous and even fatal as such combinations can further decrease heart rate and breathing.

COMBINING G WITH STIMULANTS DOES NOT PREVENT OR REDUCE THE LIKELIHOOD OF AN OVERDOSE. THAT IS A MISCONCEPTION.

Using stimulants in combination with G might make you feel more awake before suddenly losing consciousness, and this pattern may repeat, making it difficult to manage an overdose.

ADMINISTRATION

Make sure you have the proper equipment to be able to measure your dose, such as 3 mL slip tip plungers/barrels without a needle. Do not use a luer lock plunger/barrel as remnants of G can remain in the mechanism, leading to inaccurate measurements if re-dosing. You can get slip lock barrels/plungers from a pharmacy or a needle and syringe program.

G ONSET & DURATION

The onset of G and individual responses to the drug vary greatly depending on a range of factors, including your sex, weight, and how recently and how much you have eaten. It will also vary depending on what form of G you have: GHB, GBL, or 1,4B.

10 MINS

The effects are usually felt around 10–30 minutes after ingestion and peak somewhere between 45–90 minutes.

90 MINS

Most of the effects of G wear off after 90 minutes.

5 HRS

G remains active in your system for up to 5 hours. Remember this if you're planning to use other drugs.

12 HRS

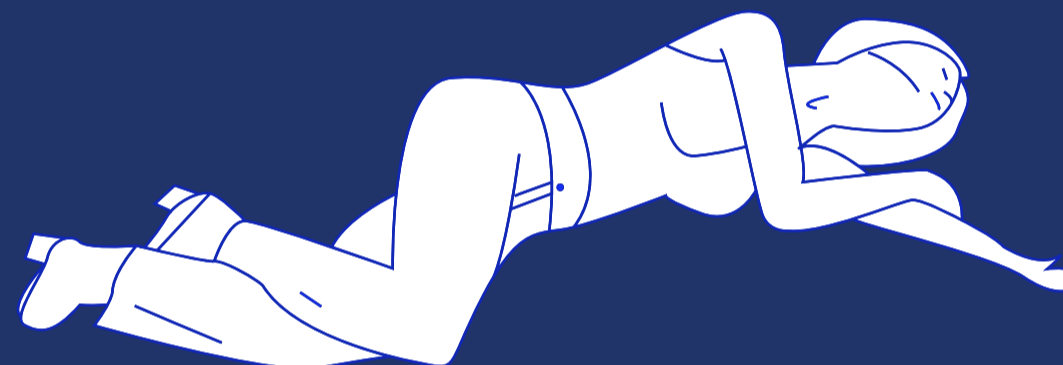
After-effects like grogginess and sleepiness can be felt for as long as 12 hours after use.

THERE IS A THIN LINE BETWEEN A FUN TIME AND AN OVERDOSE

When overdosing, one may experience extreme grogginess, nodding in and out of consciousness, extreme dizziness and disorientation, irritation and agitation, memory loss, vomiting, convulsions, irregular or shallow breathing, and potentially depressed breathing.

OVERDOSE

Vomiting while lying on one's back (especially if unconscious) can lead to the inhalation of vomit, (aspiration) which can potentially cause fatal choking.



Individuals who are vomiting should be turned on their side in the recovery position. Call 000 to request an ambulance and continue to check the person's breathing until help arrives.

WHAT TO DO IF YOU'RE WITH SOMEONE WHO'S OVERDOSED OR 'BLOWN OUT'

IF THEY ARE STILL CONSCIOUS OR ABLE TO BE WOKEN	IF THEY ARE UNCONSCIOUS BUT RESPONDING TO PAIN PROMPTS	IF SOMEONE IS UNCONSCIOUS & UNRESPONSIVE, CALL 000
<ul style="list-style-type: none"> → Keep them awake and seated on the floor. → If you feel comfortable, sit behind them, brace their shoulders, and keep them responsive by asking questions at a loud volume. → To continue to try to get a response, use pain prompts e.g., pinch shoulders or fingertips. A person in this state may make sudden jerking, tonic (rigid) movements. 	<ul style="list-style-type: none"> → Put them in the recovery position (lie them on their side). → Ensure their breathing is adequate (12 – 20 bpm). → Continue to check their breathing until they wake up. 	<p>Medical first responders are only interested in a patient's health, not the criminal implications of drug use. Police may attend, but only if there are safety concerns.</p> <p>A medical intervention usually only requires monitoring for 5-6 hours.</p>

G DEPENDENCE

G IS ADDICTIVE AND IT IS POSSIBLE TO QUICKLY BECOME DEPENDENT

KEEP A DIARY OF YOUR USE OVER TIME, TRY TO AVOID FREQUENT USE, ESPECIALLY DAILY USE



Severe and potentially serious withdrawal symptoms occur if you are dependent and miss a dose or suddenly reduce the amount you take.

Withdrawal symptoms can include confusion and agitation, anxiety and panic, feelings of doom and paranoia, restless sleep, muscle cramps and tremors, sweating, hallucinations, fast heartbeat. Symptoms of sudden withdrawal from high doses include blackouts and bowel and bladder incontinence.

G withdrawal can be fatal. Planned, mild withdrawal can be managed in the community. Unplanned and more severe withdrawal should be managed under medical supervision.

Find medical support for G detoxification and don't stop taking abruptly without first consulting a medical professional.

If you have acute withdrawal symptoms, seek medical help immediately.



**CALL DIRECTLINE
1 800 888 236**

24 Hours a Day, 7 Days a Week
Confidential alcohol and drug
counselling and referral line.



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