



WHAT IS GHB?

- GHB is a central nervous system (CNS) depressant that produces an alcohol-like intoxication.
- Almost always consumed orally, GHB typically comes in liquid form and has a salty-soapy taste.
- GBL and BD are two industrial chemicals that are often sold as GHB. They're prodrugs of GHB, which means that they convert into GHB in the body.
- GBL and BD have a more bitter and unpleasant taste than GHB.
- All three chemicals (GHB, GBL, and BD) are often interchangeably referred to as "G," which can be dangerous because each of them has a different range of dosages.
- G-type drugs are known as "water" or "Gina" in the LGBTQ+ community. Being on G is known as "twirling."
- G-type drugs are popular in chemsex, which is sex accompanied by drug use. G is often combined with stimulants in these settings.

WHAT ARE THE EFFECTS?

- GHB, GBL, and BD can all make the user feel relaxed and more sociable. G can also increase libido.
- G-type drugs are sometimes called "liquid ecstasy" because of their euphoric, warm, and sometimes very sensual effects.
- Side effects can include dizziness, sleepiness, minor muscle spasms, nausea, and vomiting (usually dose-dependent).
- At high doses, G can cause seizures or loss of consciousness, wherein the user passes out and cannot be woken up for 4-5 hours ("G'd out").
- GHB comes on within 30 minutes and lasts 1.5-2.5 hours. GBL comes on faster and has a shorter duration (1-2 hours) than GHB, whereas BD takes longer to feel and has a longer duration (3-5 hours).

WHAT'S A TYPICAL DOSE?

- GHB is dosed at 1.5-3.5 g, GBL is dosed at 0.9-1.5 mL, and BD is dosed at 1-2.5 mL. G is extremely dose-sensitive, and a few mL can make a big difference.
- Dosing can be difficult because G is typically diluted into water at varying concentrations.

- You don't always know which of the three substances you're using, or at what concentrations. There is no at-home test to tell the three apart. Always try a tester dose (0.9 mL) with each new batch. You MUST use a marked oral mL syringe to measure G correctly.
- Wait at least two hours before redosing, and lower your dose each time. Taking too much G too soon can cause someone to "G out."
- "G-ing out" involves disorientation that ultimately leads to a deep sedation, which can be dangerous if someone is alone or vomits.

BE CAREFUL

- Combining G with alcohol, opioids, benzos, or any other depressant is very dangerous and can be fatal, even if taken several hours apart.
- Try to dilute your dose in water or juice. GBL can cause chemical burns to your mouth and throat if ingested without dilution. Drink your diluted dose immediately so no one drinks it by accident.
- Don't store G in a bottle that could be mistaken for water. Adding food color can help prevent this.
- Both GBL and BD will degrade most types of plastic. G should be stored in glass or high-density polyethylene (HDPE) containers.
- Like any drug, it's possible to use GHB compulsively and develop a problematic relationship with it. It may be a good idea to take a break if you find yourself regularly using GHB as a coping mechanism, or feeling very anxious at the thought of going without it for a period of time. It is strongly recommended to use G in moderation and avoid daily use.

MORE HARM REDUCTION TIPS

- If you start to feel dizzy or sick, notify someone immediately. Loss of consciousness can happen very quickly with G. If you feel like you might pass out, lay on your left side right away. Try not to use G alone.
- If someone falls unconscious and cannot be roused, or has a seizure on G, call an ambulance.



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