

AKA: FANTASY, FRANK, G, GBL,  
GRIEVOUS BODILY HARM, JUICE,  
LIQUID E, LIQUID X, OJ



# GHB

Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit [www.hi-ground.org](http://www.hi-ground.org)

Supported by: QuIVAA & QuIHN

**Hi-Ground**

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.

**Compound:** GHB (GAMMA-HYDROXYBUTYRIC ACID) OR PRODRUGS GBL (GAMMA BUTYROLACTONE) OR 1,4-B (1,4-BUTANEDIOL)

## ADMINISTRATION

GHB, GBL and 1,4-B are all usually taken orally (by mouth). It's best to use a 1ml or 3ml syringe to measure the dose and to administer.



## DURATION OF EFFECTS

<b>TOTAL</b>	1.5-5HRS
<b>ONSET</b>	10-20MINS
<b>PEAK</b>	45-90MINS
<b>COME DOWN</b>	15-30MINS
<b>AFTER EFFECTS</b>	2-4HRS

## 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.

## 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.

**Drug Checking:** DIY reagent testing is an option. Robadope reagent reacts with GHB.

## MOST COMMON EFFECTS

Decreased motor skills, Lack of coordination, Relaxation, Blurred vision, Slurred speech, Involuntary muscle twitches – can cause legs to give way, Nausea, Drowsiness, Vomiting, Depressed breathing & heart rate, Euphoria, Happiness, Mood lift, Increased sexual desire, Increased appreciation of music/people/dancing.

## LESS COMMON EFFECTS

Repetitive motions 'Chicken arms', Unconsciousness ("blowout"), Rolling eyes, Nodding off, Excitability, Aggression, Confusion, Blackout, Decreased social inhibition.

## RARE EFFECTS

Seizure/convulsions, Incontinence, Death

## POSSIBLE LONG-TERM EFFECTS

With extended use the risk of physical and psychological dependency and stomach ulcers increases.

## SAFER USING

- Taking drugs is never without risk. In an unregulated market it's impossible to know the purity or dose of any drug.
- Use around friends/people you trust and in a safe environment - somewhere you feel comfortable
- Use a syringe barrel to measure your doses to the 0.1ml. Record the time of use and mls on your arm or somewhere accessible in case you overdose and need help.
- Use 1ml or 3ml slip lock syringe barrels to dose. No larger.
- GHB may actually be 1,4-B or GBL, which convert into GHB inside your body. Meaning you'll need less to reach the same effects and the chance of overdose is increased.
- Start with small dose eg. 1ml.
- GHB doses accumulate. This means they build on one another. So it is a good idea to lower your dose if you plan on having more.
- It is best to dose yourself so that you know the precise measurement.
- Wait at least two hours before redosing. Set the alarm on your phone or try to have a sober friend with you who can keep track of time.
- Remember: Combining GHB with depressants (alcohol, opioids, benzos, ketamine) is an extremely dangerous combination and can result in overdose and death. Know how long each drug stays in the system.
- Alcohol is metabolised before GHB, so using both can cause a build up of GHB and increases the risk of overdose.