

MINIMISING RISKS OF OVERDOSE

- Avoid combining GHB with other depressants like alcohol, painkillers, tranquilisers, antihistamines and opiates.
- Wait long enough to feel any effects before taking more. Remember that GBL and other similar chemicals take longer to turn into GHB in the body.
- Avoid using alone, or with your partner at home, or other situations where help might not be available.

GHB & SEX

GHB has been called an aphrodisiac. But its effects can also cause short-term memory loss and can decrease the ability to consent to sex. Have condoms and lube handy if you are planning a big night out with GHB. Having sex with someone too "out of it" to say yes or no is not okay and could be considered sexual assault.

GHB & SEX VENUES

- Using GHB at sex venues is risky, due to the possibility of overdose in a locked cubicle where help is not readily available and injury from falling onto hard surfaces such as shower floors or spa pools.
- If you see someone who looks like they are asleep but can't be woken, is incoherent, or can't control their movements, let staff know immediately.

ONE MORE THING...

GHB has sometimes been implicated in drink-spiking. If you think your drink might have been spiked, contact the Police or the Lesbian and Gay Anti-Violence Project.

CONTACT DETAILS & LINKS

ACON **Ph: 9206 2000**
..... **1800 063 060**
..... **acon@acon.org.au**
..... **www.acon.org.au**

LESBIAN AND GAY ANTI-VIOLENCE PROJECT

..... **Ph: 9206 2116**
(Monday to Friday 10:00 am to 6:00 pm)

AUSTRALIAN SITES:

<http://www.druginfo.adf.org.au/article.asp?id=2318>
<http://www.druginfo.nsw.gov.au/druginfo/illicits/GHB.html>

INTERNATIONAL SITES*:

<http://www.erowid.org/chemicals/ghb/ghb.shtml>
<http://leda.lycaem.org/index.pl?ID=3054>
<http://www.ravesafe.org/drugz/ghb.htm>
<http://www.dancesafe.org/documents/druginfo/ghb.php>

*Please note that some of the information contained in these sites may only be relevant within that country (eg legal information).

This safety information is supported by this venue



AVOID THE GHB DROP ZONE

**G, GBH, GINA, LIQUID E
FANTASY, BLUE NITRO**

WHAT IS GHB?

It is a colourless, salty-tasting liquid. It sometimes comes as a blue liquid and rarely in tablet or powder form. GHB is not related to ecstasy.

GHB is a central nervous system depressant that also occurs naturally in the body and has a role in regulating sleeping patterns.

GHB, GBL, BD, GHV, GVL & 1-4B

GHB is manufactured illegally from a number of similar chemicals like GBL and 1-4B, which is sometimes sold as GHB. These chemicals take some time to turn into GHB in the body. GBL, 1-4B and BD turn into GHB, while others like GVL turn into GHV, which produces effects similar to GHB.

HOW GHB WORKS

Effects may become apparent after about 5-15 minutes, and more strongly after 20-30 minutes with a peak of one hour. Effects last for 2 - 4 hours.

At low doses, GHB produces a high or euphoric feeling as inhibitions are depressed. As dosage increases, depressants begin to affect the parts of the brain controlling the body's automatic, unconscious processes, such as heartbeat and breathing.

Effects of an increased dose of GHB on the central nervous system may result in involuntary muscle contractions (producing seizure-like movements), confusion, amnesia, vomiting, irregular breathing, and can result in profound coma.

DOSING

GHB is known for its steep dosage response, meaning a tiny increase in dose may cause a dramatic increase in effects.

There is no 'quality control' in the production of GHB, or how it is distilled, so the concentration of the finished product could be high or low, or it might be GBL, 1-4B or a related chemical. These factors combined with the 'dosage response' mean that an amount that works one time may result in an overdose the next time.

GHB, ALCOHOL, & OTHER DRUGS

Mixing GHB with other depressants such as alcohol, increases both the depressive effects and risk of an overdose being fatal.

SIGNS OF AN OVERDOSE

- Someone who appears to be asleep but cannot be woken.
- Incoherence, profuse sweating, vomiting, irregular or shallow breathing.
- Loss of muscle control, eg not being able to stand, or involuntary muscle contractions (seizure-like movements).

- **Someone who starts falling asleep on GHB may overdose later.**
- **Stay with the person and check them often.**
- **If they no longer respond, get medical assistance immediately!**

WHAT TO DO IN CASE OF AN OVERDOSE

- Get (medical) help immediately if you or someone else experience any of the symptoms described in Signs of an Overdose..
- If you are in a club or at a dance party, attract the attention of medical or security staff, or ACON Drug Rovers.
- If you have notified someone or are waiting for an ambulance, lay the person on their left side (recovery position) so if they vomit they won't choke. Make sure their air passage is clear and their chin is not pressed up against their chest.
- If the person is not breathing at all, put them on their back, tilt their head back gently, pinch the nostrils and get some air into their lungs, any air will help keep them alive until help arrives.

