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**GHB
/GBL**

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WHAT IS IT?

GHB: gammahydroxybutyrate

GBL: gammabutyrolactone

AKA: G, Gina, Liquid E, Liquid X

Both GHB and GBL are depressant drugs (see p.6) with effects reported as similar to being drunk from alcohol. They are acidic and need to be dissolved. As they are both colourless, they cannot be told apart by appearance, and therefore drug checking is especially important.

GHB is a white powder, but can also be sold as a liquid, and has a salty or soapy taste when dissolved.

GBL is sold as an oily liquid and is converted into GHB inside the body. It is more rapidly absorbed and so takes effect more quickly.

HOW IT FEELS

For **GHB**, effects begin within 15 - 45 minutes and last for 1½ - 2½ hours.

For **GBL**, effects begin within 5 - 30 minutes and last for 1 - 2 hours.

Typical effects can include:

- ✦✦ Euphoria
- ⬆ Increased sex drive
- 🔒 Decreased inhibitions
- 🌀 Relaxation of muscles
- 😞 Nausea

At higher doses, GHB can lead to:

- ⚖ Loss of balance
- ⚙ Loss of coordination
- ?? Memory loss
- zzz Unconsciousness and coma-like sleep
- ❤️ Fatal overdose

Due to its effects, G is a popular drug taken for sex with drugs (aka chemsex).

DOSAGE

DRUG NAME	COMMON DOSE	LIGHT DOSE
GHB (powder)	1 - 2.5 grams	0.5 - 1 grams
GHB (liquid)	0.9 - 1.5 millilitres	0.3 - 0.9 millilitres
GBL	0.9 - 1.5 millilitres	0.3 - 0.9 millilitres



CAUTION: G is strong even in small concentrations, so the difference between a desirable dose and an overdose is small.

To measure your G, use a needleless syringe (for liquid) and milligram scales (for powder).



Dosing someone without consent is spiking. If you think you may have been spiked, or if you witness spiking, report it immediately.

(SEE PAGE 15)

Undiluted G is corrosive and can cause burns, so it must be diluted in water or juice **(avoid alcohol)**.

this quantity of G must be diluted into this amount of juice



TIMINGS

The effects of G can last from one hour to four hours or longer, depending on dose and tolerance. Try to avoid redosing for at least two hours, or **until effects subside**.

The effects of G **build up** after multiple doses. If you are taking more, remember to reduce your dose **each time**.

E.g. 1 = 1mL 2 = 0.9mL 3 = 0.8mL

It can be very easy to lose track of time on G, so set a **timer** and **alarms** to keep track of when you last dosed and when your next dose will be.

If you're with a trusted, sober friend, consider asking them to help you with this.

MIXING

Mixing G with other depressant drugs, including **opioids** (e.g. methadone, heroin, codeine), **benzodiazepines** (e.g. Valium, Xanax) and **alcohol** is risky. These combinations increase the danger of an overdose, as like **GHB and GBL**, these drugs also slow down heart rate and breathing.

Mixing G with **stimulant** drugs (e.g. cocaine, mephedrone, amphetamine) might not increase risk of an overdose, but will increase strain on the heart.

When combined with **dissociative** drugs (e.g. poppers, ketamine), undesirable effects such as nausea, loss of balance, vomiting, memory loss and risk of accidents or injury may be increased.

HARM REDUCTION

Try to use a drug checking service (e.g. [WEDINOS.org](https://www.wedinos.org)) to verify that you have the drug you think you have.

Take a lower test dose before each session of less than **0.5mL diluted.**

Look out for other people. If anyone is nodding off or cannot hold a conversation, discourage them from taking more and help them get home safe. Having a sober friend can help.

Put **food colouring** into your G and **label** your drink so that you won't mix it up with other people's G and nobody will mistake it for a regular drink.

Never drink a drink **you didn't pour** yourself or leave your drink **unattended.**

If ever **in doubt** about how much G is in your drink, empty your cup down a drain and **start again.**

SEX WITH DRUGS

The effects of G make it a popular choice for sex with drugs. It may be taken at parties, or “chillouts”, for sex with multiple people.

Be mindful that G reduces your inhibitions. It may make you more likely to **take risks** and agree to things you wouldn't when sober. Express your **desires** and your **boundaries** with your sexual partner(s) and agree on a safe word.

If you are heading to a chillout...



Consider going with a friend or someone you trust who can look out for you



Bring any medications you might need with you, especially if you are planning to take G over multiple days



Keep your belongings in a single place so that its easy to find everything when you leave.

SEXUAL HEALTH

You can take a pill called **PrEP** to prevent HIV. You can get PrEP from your local sexual health clinic.

Wear condoms to protect yourself from bloodborne viruses and sexually transmitted infections, and **use lube** to reduce the chances of injury from prolonged sexual activity.

If you are taking **ritonavir** or **cobicistat** HIV medications, you should decrease your dosage slightly and re-dose less frequently. This is because they can slow the rate at which you metabolise G.

Try to access STI testing at least **once every six months**, or if you have multiple sexual partners, **once every three months**.

For more info and resources on sex, sexual health testing and sex with drugs, see page 14.

IN AN EMERGENCY

Keep calm and get help.

Call 999 immediately, give as much information as possible and be honest about what drugs have been taken.

If they are having a seizure (fitting), keep the area around them safe from things that could hurt them.

If they are unconscious, put them into the recovery position (or on their side) and monitor their breathing.

If they stop breathing, call 999 and begin chest compressions. The call handler will give you directions.

If you feel comfortable doing so, perform rescue breaths.

Signs of a G emergency



NAUSEA/
VOMITING



SLOW/SALLOW
BREATHING



CONFUSION



UNCONSCIOUS

COMING DOWN

As the effects of G wear off, it is normal to experience a comedown.

While your brain re-adjusts to being sober again you may feel exhausted, irritable and emotional.

FACTORS WHICH CAN WORSEN A COMEDOWN

Mixing with other drugs

Taking larger doses

Redosing more frequently / over a longer period



FACTORS WHICH CAN EASE A COMEDOWN

Staying well rested, fed and hydrated

Avoiding stressful situations or big decisions

Having a supportive friend to talk to if you feel low



These aftereffects should stop for most people within a few hours, however certain factors **(e.g. if other drugs were taken too)** can prolong the experience.

CUTTING DOWN

If you feel like you are taking G too often, you may want to reduce how often you take it.



Stopping suddenly after a long period of frequent consumption can lead to potential risks. Talk to your GP for support with tapering if you have been taking G for a long time.

Periods of frequent consumption can lead to **dependence** on G and **withdrawal** effects from stopping.

To help you cut down, try to track patterns of use and identify strategies for **managing triggers** (e.g. seeing certain people, going to certain places, doing certain activities).

Try to avoid taking other drugs (e.g. alcohol) to deal with withdrawal symptoms **unless prescribed.**

SEXUAL HEALTH RESOURCES



www.roam-outreach.com

Free confidential sexual health testing service in Edinburgh.



www.waverleycare.org

Information on sex and sexual health, support and testing for HIV and syphilis.



www.nhsinform.scot

[/scotlands-service-directory/sexual-health-clinics/](http://scotlands-service-directory/sexual-health-clinics/)

Find your nearest sexual health clinic in Scotland to access services like testing, HIV medication, PrEP and PEP, contraception and more.



www.iwantprepnw.co.uk

PrEP is a pill that protects you from HIV. It is a course of tablets that you take before and after sex.



www.queerhealth.info

[/lbgt/chillouts/](http://lbgt/chillouts/)

A safer chillout guide with information for people who have been to a chillout, have wanted to go to one, or have been invited to have sex with drugs.

ADDITIONAL SUPPORT



www.crew.scot

Face to face and digital Drop-in, information, and counselling service.



www.thelovetank.info

LoveTank CIC promotes health & wellbeing of underserved communities through education, community building, research, events, and communication + design. Thanks to Dr. Benjamin Weil and the team for supporting in the creation of this resource!



www.sfad.org.uk

Family support, bereavement support, telephone and webchat.



www.wedinos.org

Welsh Emerging Drugs and Identification of Novel Substances - anonymous and free postal drug checking service.



www.safer.scot /spiking/

Information, advice and support for people who may have been affected by spiking.



www.chss.org.uk

[/services/ohca-advice-line-support-service/](http://services/ohca-advice-line-support-service/)
Support for people who may have witnessed or performed CPR on someone.

WHERE TO FIND US:

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Email: DropIn@crew2000.org.uk

Text: 07860 047501

Website: www.crew.scot

  : @Crew_2000

FOR MORE DRUGS INFO:



Scan this QR code or visit our website by heading to [www.crew.scot /drugs-information/get-our-stuff](http://www.crew.scot/drugs-information/get-our-stuff)

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