

(G, GBH, one4b, liquid ecstasy, fantasy)

A hypnotic sedative drug that is cheap and easy to make. It's a clear, salty liquid sold in small bottles or as a powder in a capsule. Sometimes referred to as 'liquid E' but its effects are more similar to alcohol than E.

GHB (immediate effects)

Comes on in about 15 mins and usually lasts 1 to 3 hours, but may last a lot longer, depending on the dose and the individual.

GBL (gamma butyrolactone), 14B or One4b (1, 4, butanediol), and sodium oxybate have similar effects to GHB and are metabolised in the body into GHB after being consumed. The experience may differ amongst individuals, but may include the following:

- euphoria,
- drowsiness,
- nausea,
- dizziness,
- increased confidence.

A hangover effect is often experienced for up to 72 hours afterwards.

It is very easy to overdose, on GHB, making it potentially very dangerous, especially if used with alcohol. Make sure you know what you are doing!

Overdose

With an overdose a person may experience:

- Confusion, hallucinations, disorientation, blurred vision, vomiting, agitation, stiff muscles, fits (convulsions, seizures).
- Unconsciousness or coma, respiratory collapse (stopping breathing) and death.

Harm Reduction

- No use is the safest choice.
- Avoid mixing GHB with alcohol.
- Measure the amount you are taking accurately. Remember effects of this drug vary a lot from one person to the next: you may not be able to tolerate what someone else can. Be aware that GHB concentration can vary a lot between batches.
- Avoid GHB if you have heart or breathing problems, epilepsy, sensitivity to other central nervous system depressants, or general poor health.
- Avoid using with drugs that also have a sedative effect (e.g. benzos, opiates, alcohol or ketamine) because the combination greatly increases the chance of an overdose, and has the potential to stop your breathing.
- Taking GHB is safest with friends who have had previous experience with the drug and know what you're using in case medical attention is urgently required. Avoid taking it alone.
- If purchasing G, check if it's GHB or GBL, as GBL is usually 2 to 3 times stronger. However, individual batches of these drugs will also vary, and caution is advised if acquiring G from new sources.
- Avoid accepting GHB or similar drugs from people you don't fully trust due to the possible risk of rape, robbery or being left alone if you're too out of it, or unconscious.
- Phone an ambulance (111) and place in recovery position if anyone falls unconscious after taking GHB or similar drugs.

We recommend that you contact the Community Alcohol and Drug Services (CADS). CADS are a free, confidential service to support people to make informed choices, and reduce the risks of their alcohol and other drug use. Contact them on 845 1818 or www.cads.org.nz.