

G

Also known as GHB, GBL and Liquid E

G is a drug which can give you a high with small doses and sedation with only slightly higher doses. Taking G can result in feelings of euphoria, reduced inhibitions and drowsiness. G is commonly sold in plastic bottles or containers.

G OVERDOSE

The effects of G vary from person to person; what can be a euphoric dose for one person can be a sedative dose for another. It is very easy to overdose on G. There is only a small variation in the dose required to produce the 'desired effect' and the dose which could result in an overdose. A G overdose, or going under, can lead to a coma or death.

IT IS ALWAYS SAFEST NOT TO TAKE UNKNOWN OR ILLICIT DRUGS AT ALL.

If you do decide to take G, remember:

- Always use as low a dose of G as possible and wait 4 hours before redosing.
- Never swig from the bottle or accept pre-prepared G from someone else.
- Avoid mixing with alcohol. Mix G with water, soft drinks or juice.
- Avoid using G with other drugs.
- As unconsciousness can occur, try to have one sober friend or one friend who isn't using G.
- Use with people you can trust in a safe environment.
- G increases libido and lowers inhibitions, so always carry extra condoms.

Seek medical help and contact emergency services if you or a friend has used too much G. Don't assume people will 'sleep it off'.

For information and support on drugs and alcohol visit: drugs.ie/ghb or call the HSE Drugs and Alcohol Helpline on 1800 459 459