



## **What is G?**

G (GHB, GBL) is a drug which can give you a high with small doses and sedation with only slightly higher doses.

## **Taking G**

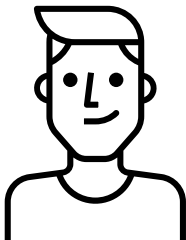
G is mainly taken orally in liquid form by mixing it with water or soft drinks. G is less often snorted, inhaled or injected. Injecting G is dangerous and not advisable.

The effects will vary from person to person and will depend on how much is consumed. A euphoric dose for one person may cause another person to overdose.

The effects can begin about 20 minutes after consuming and may last up to four hours.

## Some of the effects

- Euphoria.
- Greater confidence.
- Disinhibition/sexual disinhibition (can make people do things they wouldn't otherwise do).
- Makes you horny and last longer.
- Loss of body control - effects similar to alcohol which can last for several hours.
- Anxiety/paranoia.
- Comedowns.
- Loss of consciousness 'going under'.
- Overdose or fatal overdose.





## **Withdrawal / dependence**

The onset of withdrawal can begin 1-2 hours after the last dose and can progress rapidly from mild to severe.

G is physically addictive and dependence can develop very quickly or from regular use over a period of time.



## **Overdose**

There is only a small variation in the dose required to produce the 'desired effect' and the dose which could result in an overdose.

Coming up on G can take longer than expected. Someone may take a dose, think nothing is happening, and then take another dose. This can lead to accidental overdose.



## **Deaths**

A number of deaths have been recorded as a result of G use.



## **G and other drugs (polydrug use)**

The risk of using GHB/GBL is greatly increased when used in combination with other substances like alcohol, ketamine and prescription tablets.

The use of G with stimulant drugs like cocaine, MDMA, mephedrone and crystal meth (Tina) can make a person feel more awake. This can mean that someone can take more G than they normally would, increasing the risk of an overdose.



## **Sexual assault and consent**

If a person is incoherent or has gone under on G they are unable to give their sexual consent. This can mean that people who use G in clubs or at sex parties are at risk of sexual assault.



## Safer sex advice

Using G can increase your sex drive and lead you to engage in sex you may not otherwise have if you were sober. This may increase the chances of acquiring or transmitting HIV, Hepatitis, and other sexually transmitted infections (STIs). Consider these prevention options to enjoy safer sex while using G:

- Use condoms to reduce your chances of acquiring STIs and HIV.
- Consider using PrEP to prevent HIV if you are having condomless sex.
- Access PEP within 72 hours to prevent HIV if you have not used condoms or PrEP for sex.
- If you're living with HIV, bring your treatment with you and set reminders so you don't miss doses.
- Get tested regularly for HIV and STIs (see [hivireland.ie](http://hivireland.ie) for free testing opportunities)

For more information or support, contact our Outreach Team (details on back page).

## PEP

If you have recently been in a situation where you may have come in contact with HIV, through unprotected sex or a needle, there is a course of medication called PEP (post-exposure-prophylaxis) you can take which may prevent you from being infected with HIV.

It must be taken within 72 hours (3 days) after the possible exposure and can be accessed from your nearest hospital emergency department or HIV/STI clinic.



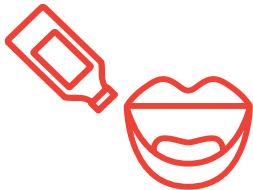
## Tips for the party

It is always safest not to take unknown or illicit drugs at all. If you do decide to take G, remember:



**Always pre-measure G carefully.**

**Never swig from the bottle.**



**Prepare your own G – avoid using someone else's G.**



**Always use as low dose of G as possible and wait.**



**Take G orally.**

**Alcohol mixed with G can increase the risk of overdose. Mix G with water, soft drinks or juice.**



**Avoid using G with other drugs. Mixing G with other drugs can increase the risk of overdose and death.**



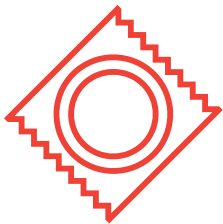
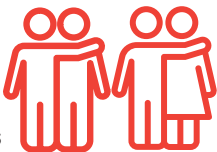
**PEP, PrEP and HIV treatment can increase the effects of G. It is advisable to use a lower dose of G if using these types of medications.**

**Avoid using G if you have high or low blood pressure, epilepsy, convulsions, heart or breathing problems, depression or panic attacks.**



**Developing a tolerance to G will not protect against overdose. You can still overdose on G if you have developed a tolerance or dependency.**

**Avoid using G alone and always use with people you trust in a safe environment.**



**Always carry condoms if using G and consider PrEP or PEP to prevent HIV**

**Seek medical help if needed. Don't assume that people will 'sleep it off'.**



**A G overdose can lead to seizures, coma or death.**



**If you see someone overdosing on G, place them in the recovery position to prevent them from choking.**



**Seek medical help by calling an ambulance on 112.**

**If you know what they have taken tell the paramedics. If available, give the medics the bottle or what is left of the G.**



**Always carry a G card when using. A G card informs first responders what to do if you have overdosed. You can get a G card from the services listed opposite.**

**For more information on G go to: [drugs.ie/ghb](https://drugs.ie/ghb)**

**If you are concerned about your G use or someone else's G use, you can contact one of the following services for support.**

### **HIV Ireland MSM Outreach Team**

Our team of peer sexual health outreach workers offer information, support and resources relating to HIV, STIs and sexual health & wellbeing needs.

Diego: 089 229 1869; Email [diego.caixeta@hivireland.ie](mailto:diego.caixeta@hivireland.ie)

Mark: 086 600 2996; Email [mark.doyle@hivireland.ie](mailto:mark.doyle@hivireland.ie)

### **Gay Men's Health Service**

Services for men who have sex with men (MSM) include free HIV and STI testing, free counselling, PEP, free condoms.

Tel: (01) 669 9553

### **HIV Ireland**

Services include free HIV and STI testing, free condoms, free counselling and community support services for people living with HIV.

Tel: (01) 873 3799

### **Drugs.ie**

Online information and support for drug and alcohol use. Includes a national directory of drug and alcohol services.

### **National Drug Treatment Centre**

The HSE National Drug Treatment Centre is an integrated person centered specialist addiction service.

Tel: (01) 648 8600

### **HSE Freephone Helpline**

Drugs, Alcohol, HIV, Hepatitis and Sexual Health Helpline.

Tel: 1800 459 459



**HIV**  
Ireland

HIV Ireland

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Dublin 7  
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