



Firstly a few things to know about GHB/GBL (also known as G, fantasy, Frank, fishies)

- GHB (gamma-hydroxybutyrate) and GBL (gamma butyrolactone) are depressant drugs that produce similar effects to alcohol. In low to medium doses (0.3 - 1.25mL) they can make you feel relaxed, social, happy, and increase sex drive.
- GHB/GBL ('G') dosing needs to be very precise to avoid unwanted effects or overdose. Doses over 1.25mL are considered heavy and can cause memory loss, blackouts, and overdose. **The difference between a desired experience and an overdose can be less than 0.5ml - that's about one tenth of a teaspoon.**
- Dosing is also not the same for everyone - you may react very differently to the same dose that someone else takes.
- Mixing G with other substances adds additional risks, especially alcohol and other depressants, such as opioids, benzodiazepines (e.g. Valium®) or ketamine as these greatly increase your risk of overdose.
- Tolerance can build quickly with regular G use whereby you need more of the drug to feel the same effects. This can lead to withdrawals if you suddenly stop.
- Long term G use can lead to memory problems, increased anxiety, hallucinations, and heart and lung issues.

It's important to know that there is no safe level of G use.

Would you try any of these strategies below? (or maybe you do them already?)	Yes	Maybe	No
Starting with a small dose to check the strength and effect?			
Using a small syringe with clear millilitre markings (e.g. a 1 or 3mL syringe) to measure your dose accurately?			
Premeasuring single doses before going out? (e.g. using soy sauce 'fishies', rather than taking out a whole bottle)			
Waiting at least 2 hours before redosing?			
Setting a timer of when you take a dose - and/or setting an alarm for a future dose - to reduce the risk of overdose?			
Telling your friends or a trusted person when and how much G you are using?			
Taking lower doses whenever redosing to avoid a build-up of G in your system?			
Planning to use where there is someone trusted to look after you if needed?			
Not mixing G with alcohol or other depressants such as benzodiazepines, ketamine, or opioids?			
Storing G in a clearly marked or identifiable bottle, vial or container, or adding food colouring to your G to avoid confusion with water?			
If you are going out, having a designated driver?			
Avoiding regular use - especially daily use - to avoid becoming dependent?			
Storing your G out of reach from children and pets?			



G and driving

G can significantly impact your ability to drive safely. It is difficult to know how much your driving has been affected or how long G will remain in your system. Fatigue, hangovers or come downs can also affect your driving skills. If in doubt, do not drive (this includes scooting / cycling). Driving while affected by substances is illegal and you may be drug tested by police.



Accidents

Try to prevent accidents or bad experiences from occurring. Avoid high-risk situations when under the influence (e.g. around traffic, waterways, heavy machinery) or places where an overdose or accident may go unnoticed.



Do you use regular medications?

G can have serious interactions with some medications and may affect how others work. Check the medicine packet and/or ask your doctor or pharmacist.



Practice safe sex

Carry and use condoms and access regular STI testing, especially whenever you start having sex with a new partner.

WARNING



If you use G regularly we recommend seeking specialist medical advice before stopping or making a significant change to your use. **Withdrawal from G can be severe and dangerous.**

Withdrawal is different for everyone but common symptoms include difficulty sleeping, anxiety, hallucinations, restlessness, agitation, tremor, sweating, nausea and a fast heart rate, with symptoms coming and going for up to 2 weeks.

Severe G withdrawals can cause seizures, delusions / paranoia, problems maintaining your body temperature, heart issues and blood clots. This requires urgent medical attention.

Are you pregnant, breastfeeding or parenting?

Using any substance when planning a pregnancy, pregnant, or while breastfeeding can affect your baby's body and brain development. Talk to a medical professional for advice, especially if considering detoxing whilst pregnant.

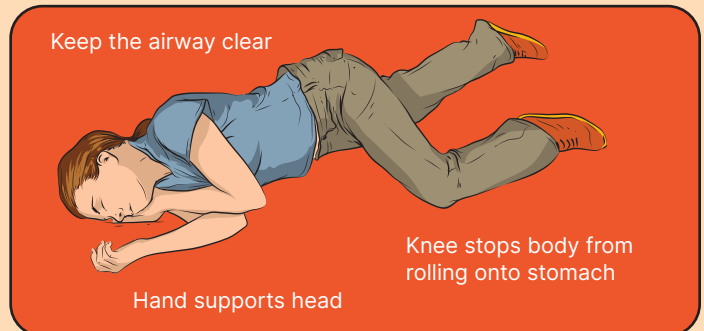
Substance use can affect your children and others around you. Ensure your children remain safe and supervised at all times.

Note: Sleeping with a child in the same bed while under the influence of G can be particularly dangerous.

Responding to a G overdose

Signs of a G overdose include:

- Slow and shallow breathing
- Irregular heart rate
- Vomiting, diarrhoea, urinary incontinence
- Sweating, hot and cold flushes
- Confusion, paranoia, hallucinations
- Irritation, agitation
- Seizures
- Losing consciousness
- Coma / death



If this occurs, seek assistance by calling triple zero (000) and ask for 'AMBULANCE'. If someone is unconscious and breathing, turn them on their side in the recovery position. If they are not breathing, perform CPR if you are able to and wait with them until help arrives. Don't confuse sleep with loss of consciousness. If someone cannot be woken up, it is likely they are unconscious.

Unfortunately, there's no way to reverse a G overdose, medical intervention is required to manage the overdose effects.

What would be signs that your G use is becoming more of a problem? When would you know it's time to take a break and/or seek help?

