

G/GHB/GBL

Harm Reduction Booklet

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 slammed (injected). Slamming G is dangerous and not advisable.

The effects can differ between individuals and depend on the amount taken. What may be a euphoric dose for one person could lead to an overdose for another.

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

Positive Effects:

- Euphoria
- Greater confidence
- Makes you horny and last longer
- Disinhibition/sexual disinhibition (however, can lead to actions you might not usually take)

Negative Effects:

- Loss of body control (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 risks associated with using GHB/GBL are greatly increased when combined with other substances like alcohol, ketamine, or 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 someone becomes incoherent or unconscious from using G, they are unable to give consent. In settings like clubs or sex parties, this can lead to situations involving sexual assault, exploitation, or coercion.

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 HIV PrEP to prevent HIV if you are having condomless sex.
- Access HIV 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 . Visit man2man.ie/testing to find out about your testing options.

HIV 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. Start low, go slow.



- Take G orally.



- Alcohol mixed with G can greatly increase the risk of overdose and fatality. Always mix G with water, soft drinks or juice.



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



- HIV PEP and 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.



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



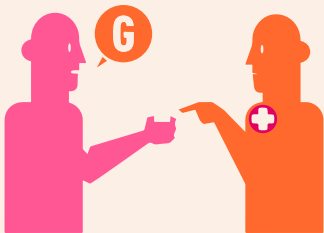
- A G overdose can lead to seizures, coma or death.
- If you see someone overdosing on G, place them in the recovery position to prevent them from choking.



- 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 seek medical support if you're considering reducing your use or detoxing. Self-detox is not recommended.

Man2man.ie

For G/GHB/GBL harm reduction guidance and a list of supports in English, French, Portuguese and Spanish, visit **man2man.ie/g**

MPOWER Outreach Team

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

Website: **mpower.hivireland.ie** | E: **mpower@hivireland.ie**

Gay Men's Health Service (GMHS)

Services for gbMSM and trans people including free HIV and STI testing, counselling, HIV PrEP and PEP, free condoms and lube.

Website: **gmhs.ie** | Tel: **(01) 9212 730** | E: **gmhsclinic@hse.ie**

Rialto Community Drug Team

Advocating for and working with individuals in a support & therapeutic capacity addressing their use of Chems and Club Drugs and their participation in Chemsex.

Website: **rialtocommunitydrugteam.org** | Tel: **085 133 7536**

E: **Graham@rcdt.ie**

Pozvibe Podcast Chem Sessions

Presented by Veda and Robbie Lawlor.

To listen, scan the code or visit **pozvibe.com**

Instagram: **@pozvibepod**



Sexual Health Centre Cork

The Sexual Health Centre Cork offers the services of a dedicated Sexual Health Advisor to members of LGBTQIA+ community.

Website: **sexualhealthcentre.com** | Tel: **(021) 427 5837**

E: **info@sexualhealthcentre.com**

HSE Freephone Helpline

Drugs, Alcohol, HIV and Sexual Health Helpline.

Tel: **1800 459 459** | E: **helpline@hse.ie**

The Switchboard Ireland

The Switchboard Ireland is Ireland's longest-running support service for the LGBT+ community.

Website: theswitchboard.ie | Tel: (01) 872 1055

E: ask@theswitchboard.ie | WhatsApp: 089 26 74 777

Drugs.ie

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

Website: drugs.ie

National Drug Treatment Centre

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

Website: dtcb.ie | Tel: (01) 648 8600

Belong To

Belong To offer a dedicated drug and alcohol service for LGBTQ+ youth. The service is free of cost, confidential, and non-judgemental. Website: belongto.org

Men's Aid

Empowering and supporting men and their families experiencing domestic violence, to be safe. Confidential Support Line: 01-5543811 | hello@mensaid.ie | mensaid.ie



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Drug and Alcohol Information and Support



Belong To LGBTQ+ Youth Ireland

