

# UNDERSTANDING CHEMS & STAYING SAFE

GBL/  
GHB

# GBL/GHB

- Central nervous system depressant
- In small doses acts as a stimulant
- Clear, odourless, slightly salty liquid, sometimes white powder/capsules
- **Street names:** G, Gina, Geebs, Liquid Ecstasy/X/G, Goop

# GBL/GHB

- **Use:** swallowed often in juice,
- Rectally or injected (rare)
- **Effect** starts 10–30 min after & lasts: ~4 h
- GBL turns into GHB in the body
- GBL is stronger & shorter-lasting

# Effects - moderate doses

- Euphoria, sociability, sexual arousal
- Relaxation, drowsiness
- Lack of inhibition
- Often used to make receptive sex easier/more pleasurable

# Effects - overdose

- Dizziness, nausea, tremors, confusion
- Loss of coordination, hallucinations
- Memory lapses, seizures
- Respiratory arrest/death

# Long-term use

- Physical & psychological dependence occur fast (even after 3 days in a row)
- Withdrawal (2-3h to 12h): anxiety, tremors, insomnia, vomiting, high blood pressure, tachycardia, confusion, hallucinations
- **In severe cases:** hyperactivity, paranoia, psychosis, seizures or death

# Mixing with

- Depressants - highly dangerous
- Stimulants - dangerous: hide the drowsiness G causes - may not realise how much substance taken → overdose
- Stimulants can ↑ chance of paranoia, hallucination, aggression
- Poppers / erectile-dysfunction drugs → changes of blood pressure, sometimes → cardiac arrest

# Harm reduction (dosing)

- Avoid mixing with other substances
- Dilute in water/juice
- Measure yourself (syringe/lab tool)
- Start small, record times
- Wait  $\geq 2$  h before re-dosing
- Each dose smaller than the last
- Avoid continuous use  $> 6$  h

# Harm reduction (general)

- Confirm GHB vs GBL (GBL is stronger)
- Store in bottles not used for other liquids
- Mark cups
- If dependence, reduce gradually
- Severe withdrawal → refer to emergency
- Negotiate consent in advance
- Spiking happens with drinks/lube → use your own

# G-overdose & G-hole

- Sweating, vomiting, irregular/shallow breathing, unable to stand, involuntary muscle contractions and G-hole.
- Higher tolerance = higher overdose risk
- **G-hole:** a form of overdose, coma-like state

# In case of G-hole

- Place in recovery position
- Stay with them
- If unsure about coma, call an ambulance  
(be honest with staff)
- Don't give substances to “wake” them up

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For full information, see  
*AIDS Action Europe,*  
**Harm reduction in the context of  
chemsex: training manual**