

## GHB-: Basics

Other names: Liquid E

- GHB commonly comes in little bottles and is swallowed. It is colourless, and does not smell. It tastes slightly salty.
- It is impossible to know how strong liquid GHB is: it may be very diluted, or it may be very concentrated
- GHB is a depressant-type drug that slows down the functioning of the brain
- This drug is associated with the club/dance scene
- GHB is associated with rape and assault because it is used to spike drinks, however drinks are more commonly spiked with spirits such as vodka

### The effects:

- A small dose of GHB has similar effects to alcohol
  - Lowered inhibitions
  - Relaxed
  - Talkative

- Need more advice

[www.drugscope.co.uk](http://www.drugscope.co.uk)  
[www.talktofrank.com](http://www.talktofrank.com)

- Legal status

Please refer to [http: www.release.org.uk](http://www.release.org.uk) where information is kept up-to-date



### Risks

- Nausea (feeling sick)
- Sedation (half-asleep)
- Dizziness
- Blurred vision
- Slurred speech
- A high dose may cause
  - Convulsions
  - Vomiting (choking on vomit)
  - Unconsciousness
  - Coma



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## Harm Minimisation

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Know your source, know the strength of the GHB—many people have accidentally

As with alcohol people have died from overdosing and choking on their vomit—always tell someone what you are using, and ask them to keep a check on you

Do not mix GHB with other depressant-type drugs such as opiates (heroin), and alco-

If you are going to use GHB then start with a very small amount

**Driving** is dangerous on this substance

For further information please refer to

<http://www.brake.org.uk/index.php?p=913>

[www.drugdrive.co.uk](http://www.drugdrive.co.uk)

<http://www.rta.nsw.gov.au/roadsafety/drinkdriving/drugs/index.html>