

WHAT IS GHB?

GAMMA HYDROXYBUTYRATE

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- GHB or Gamma Hydroxybutyrate is a depressant that is commonly known as a date rape drug, water, or G
- GHB is an odorless, colorless substance that can be a powder but is more commonly found in a liquid form
- When consumed at a low dose, it can cause feelings of increased pleasure and excitement, and reduces both physical and social inhibitions in sexual situations
- Typical dosage is 1-1.5ml. Doses of 2.0ml or higher may be lethal

RISK FACTORS

- DANGEROUS DRUG INTERACTIONS MAY OCCUR WHEN MIXED WITH AMYL NITRATES (POPPERS), VIAGRA, CIALIS, OR KAMAGRA DUE TO A POTENTIAL LETHAL DROP IN BLOOD PRESSURE
- MIXING G WITH MEPHEDRONE OR METH CAN CAUSE DANGEROUS PROBLEMS WITH HEART RHYTHM
- G IS BOTH PHYSICALLY AND PSYCHOLOGICALLY ADDICTIVE
- MIXING G WITH OTHER DRUGS EXHAUSTS THE BODY.
- LONG-TERM USE OF GHB CAN LEAD TO AN INCREASED TOLERANCE RESULTING IN THE PERSON TAKING GHB TO TAKE DOSES HIGHER THAN 2.0ML INCREASING THE LIKELIHOOD OF LETHAL OVERDOSE



IF YOU DO NOT KNOW WHAT THE PERSON HAS TAKEN, CALMLY ASK SOMEONE ELSE PRESENT IF THEY KNOW WHAT THE PERSON HAS CONSUMED. IN THE EVENT OF A SEIZURE, TIME THE SEIZURE FROM WHEN IT BEGAN TO WHEN IT ENDED. THIS INFORMATION COULD BE LIFE-SAVING WHEN EMS ARRIVES.

GHB OVERDOSE

HOW TO STAY SAFE

- GHB should only be dosed with a syringe or pipette marked in milliliters
- Always take by mouth and only from your own batch
- Put a few drops of food coloring into your batch of GHB so you don't confuse it with another substance
- Never mix GHB with alcohol, ketamine, nor with benzodiazepines (like Valium)
- G can cause memory loss, so make a note when and how much G you took
- Always use a low dose and wait two hours between doses. You can always use more later
- Shake the bottle before using to make sure it's properly mixed. GHB tends to settle at the bottom

SIGNS OF OVERDOSE

- Shallow breathing
- Vomiting
- Confusion and irritability
- Blackouts
- Hallucinations
- Coma
- Death

For recovery resources in your area, visit:

NoMoDeaths.org
DMH.Mo.Gov
CrystalMeth.org
Kccare.org

For Harm Reduction practices for Stimulant Use Disorder, visit:

Tweaker.org
HarmReduction.org

For the national suicide hotline, call: **800-273-8255**

There is no antidote for a GHB overdose. In the event of an overdose, place the individual into rescue position and call 911. Stay with the person until EMS arrives and let the paramedics how much GHB the person has taken

Be honest; it could save their life.