

[ghb] Gamma - Hydroxybutyrate

Slang/Street names for GHB:

GRIEVOUS BODILY HARM, G, L LIQUID ECSTASY, LIQUID X, GEORGIA HOME BOY, GREAT HORMONES AT BEDTIME, SCOOP, WATER, EVERCLEAR, SALTY WATER, G-RRIFFIC, CHERRY METH, J IB

“GHB can be produced in clear liquid, white powder, tablet, and capsule forms, and it is often used in combination with alcohol, making it even more hazardous.

GHB has been increasingly involved in poisonings, overdoses, drug facilitated sexual assaults (such as “date rapes”) and fatalities. The drug is used predominantly by adolescents and young adults - often when they attend nightclubs and raves - and is prominent in many gay male communities.” (1)

Whilst GHB is odourless it has a slightly salty taste which is easily masked in carbonated or ‘fizzy’ drinks, therefore it’s important to never leave your drink unattended whilst out at parties or the like.

GHB is especially dangerous when mixed with other drugs that have sedative properties such as alcohol.

On Sep 29th 2009 the Sydney Morning Herald ran one of many stories about the inquest into the death of Dianne Trimble on her fateful P&O cruise in 2002. The article cites that Mrs. Trimble had been given GHB which acted with alcohol she had imbibed earlier in the evening, to produce death.

The article goes on to say how unsuccessful attempts had been made by the men who were responsible for her condition to revive her by putting her under the shower after she lost consciousness.(2) The effect of the drug however is so powerful that medical intervention is needed for an affected person to survive.

GHB is usually a colourless liquid with a slightly salty taste. It can be easily masked in drinks and can also come in powder form, though rarely. At one time it was sold over the counter as a health supplement until it’s harmful properties were discovered. It is now commonly known as a date rape drug.

a girl was given ghb
and then gang raped





HOW IT MESSES YOU UP... SHORT TERM :

“GHB is a central nervous system depressant and its intoxicating effects begin 10 to 20 minutes after the drug is taken. The effects typically last up to 4 hours, depending on the dosage.” (3) Seizures / Nausea and breathing difficulties (when combined with alcohol or other drugs). (4) **At higher doses results can include sleep, coma, or even death.**

Signs of overdosing include the following: (5)

- ‘G Sleep’ - the person appears to be asleep but cannot be woken up—in fact they are unconscious and are at very real risk of choking on vomit, amongst other things.
- Person is incoherent, sweating profusely, vomiting and has irregular or shallow breathing.
- Person is not able to stand and/or has involuntary muscle contractions. These frightening effects make it a deadly stealth weapon used by sick individuals to drug and rape the unsuspecting partygoer.



HOW IT MESSES YOU UP... LONG TERM :

GHB is physically and psychologically addictive, little else is known about it's long term effects due to a lack of research in this area. (6) This does not mean that there are no long term side effects! Trinka Porrata of 'Project GHB' states 'it's the hardest drug on earth to stop taking'. **The short term effects were bad enough to warrant it being classified as an illegal and dangerous substance.**



UNUSUAL FACTS:

Another side effect of GHB is the suppression of the body's natural gag reflex. This means that if something is blocking your airway whilst you're unconscious (like chewy or vomit) your body won't reflexively cough to emit the foreign object that's stopping you breathing. (10) **There is only a "small difference between an amount that produces the desired effect and the amount that results in overdose. Also there is often no way to be sure that the drug is manufactured correctly. Improperly made GHB may result in an extremely toxic mixture of GHB and the chemical sodium hydroxide."** (11)

GHB is usually abused either for its intoxicating/sedating/euphoria-inducing properties or for its growth hormone-releasing effects. (7) It is also known to reduce inhibitions and therefore increase promiscuity therefore popular at rave scenes and amongst sexual predators.

There are no GHB detection tests for use in emergency rooms and many clinicians are unfamiliar with it, so many GHB incidents go undetected. (8)

Symptoms look similar to alcohol but it takes effect a lot quicker. Breathing can slow down to about 6 breaths a minute (normal breathing rates is around 12 breaths a minute for adults at rest), and if unconsciousness follows where the person cannot be woken up it's most likely a GHB overdose. (9)



myths

If you OD on GHB it's ok to sleep it off – FALSE!

A very dangerous myth is that you don't need to call a doctor when someone OD's on GHB (usually depicted by the person falling into a seemingly deep sleep) as they will sleep it off. When statistics of GHB deaths were analysed it showed that many could have been saved if an emergency call was made. (13)

GHB is a natural product – TRUE! (But there's more to it than meets the eye, so read on...)

GHB is naturally produced in the brain via a neurotransmitter called GABA. Because of this fact many have tried to claim (and still do) that GHB is a harmless naturally occurring substance. However the drug GHB that is of concern here is the synthetic compound, which like most other illicit drugs is produced in a laboratory. There is nothing safe about this type of GHB. Also the naturally occurring GHB cannot be harvested from the human body and bottled and sold so therefore if anyone tries to claim that the GHB that they are selling is the naturally occurring stuff it's not true.



OTHER DATA THAT'S RELEVANT :



- The slang term 'G Hold' is used when the user is conscious but unable to move due to the effects of GHB. Usually at this stage there is loss of muscle control and the person tends to drool on themselves. The slang term 'G Hole' is when the user is no longer conscious and cannot be woken. This usually means the person is near death. (14)
- Many websites still sell it as a nutrition supplement though it is now illegal to do so. Often it is claimed to have been sold in small clear plastic containers with such names as "Blue Nitro", "Fire Water", "Renewtrient", "Revivarant" or "Remforce".(15) Typically the recommended dose is one capful.16 In reality it's one capful of potential death...

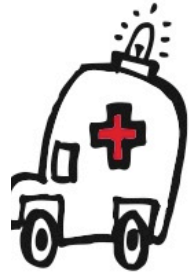
Renewtrient and Blue Nitro, GHB precursors, have been removed from the market.



HOW IT'S INTRODUCED INTO THE BODY :

(The skull indicates the most used methods of ingestion of the drug described in this Fact Sheet)

- Injected/Intravenously 
- Injected/Intramuscularly
- Sniffed/Snorted (powder)
- Inhaled (vapour)
- Smoked
- Swallowed 
- Eaten
- Absorbed through skin



FIRST AID:

A **GHB overdose is a medical emergency** and some will die without medical intervention. If you suspect someone has overdosed, check to see if they are breathing, put them on their side and gently tilt their head back to open their wind-pipe.

Call an ambulance immediately (dial 000) and follow the operator's instructions.

The patient should be made as comfortable as possible, preferably by a qualified medical or first aid person, until paramedics arrive. (12)

BEST AID:

never touch it



WHERE TO GET HELP: medical and other

- DirectLine Alcohol and Drug Counselling and Referral Line
1800 888 236
- Centre Against Sexual Assault (CASA)
House 93473066
- Live Free Victoria 03 58523777



REFERENCES:

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