

GHB & GBL



Known as

G, Gina, liquid ecstasy, geebs



How it's used

It's a clear, oily liquid, usually mixed with a soft drink and swallowed. It can also come in powder form which is snorted, but this is rare



How it can make you feel

Euphoric and confident at low doses, but high doses can cause sedation, convulsions, or unconsciousness



How long it lasts

Usually felt within 15– 30 minutes and lasts 3 – 6 hours



Important to know

GHB and GBL are depressants with similar effects; the body converts GBL into GHB. They are often used in clubs and during chemsex, particularly among men who have sex with men.

What it can do

- Damage teeth, the mouth and stomach
- Encourage unsafe sex practices due to increased libido and lowered inhibition
- Cause unconsciousness and overdose
- Lead to physical dependence, and withdrawal symptoms once stopped

How to reduce the risks

- Start with a low dose and take it slow
- If you are going to re-dose, wait at least an hour before taking more
- Measure doses for yourself using a syringe or pipette. Usual doses vary between 0.5ml – 1.5ml
- Record how much and at what time you have taken a dose
- Label your bottles or use a specific glass for your drinks
- Always mix with a soft drink, never drink directly from the bottle
- Avoid using with other drugs
- If engaging in sexual activity, practice safer sex by having regular sexual health screenings, using condoms, gloves or consider speaking to your local sexual health clinic or service about options of PrEP, PEP or DoxyPEP and vaccinations
- Stay hydrated, use electrolytes and try to eat and sleep after using
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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