

This resource provides a summary of GHB, including info on what it is, how it affects your mind and body, what happens when you have too much, mixing with other drugs, ways you can be safer and where to get support if you feel like you need it.

**Also known as:** *G, fantasy, juice, liquid ecstasy, blue nitro, liquid E, Frank.*

## What is GHB?

GHB is a plain liquid with no smell and a soapy/salty taste. It is sold in small bottles or vials, and sometimes in little crystals or a tablet. It's a depressant drug, which means it slows down how your brain talks to other parts of your body.<sup>1</sup>

GBL looks the same as GHB – but it has a strong chemical taste and smell, you feel the effects faster and it can be 2-3 times stronger.<sup>2</sup>

GHB/GBL is usually swallowed, and it is also sometimes plugged (squirted up the bottom).<sup>3</sup>

## How GHB can make you feel (short-term):

Your mood before you use GHB, the people you are with, and the surroundings you're in can impact your experience. You might feel:



happy

relaxed

confident

sleepy

confused

anxious

paranoid.<sup>1</sup>

You will usually feel something around 10-20 minutes after taking.<sup>3</sup> A little bit of GHB can make you feel happy and energetic, but too much can make you feel sleepy and not in control.

## What GHB can do to your body (short-term):



increased sex drive

sweating

dizzy

shakes

slow breathing

ringing in your ears

muscle twitches

feeling sick.<sup>1</sup>

This also depends on your size/weight and health, if you're used to using GHB, if other drugs are taken around the same time, how much you use, and the strength of the drug.

## How long does GHB last?

1.5-5 hours.

## What happens when I use too much GHB at once?

Taking lots of GHB can slow down a person's breathing too much. This is an overdose and can lead to death. You might also experience:

- vomiting
- confusion
- seeing or hearing things that aren't there
- memory loss
- blackouts.<sup>1</sup>

If you or someone you know reacts like this after taking GHB, call triple zero (000) immediately. Ambulance officers do not have to involve the police unless there is a threat to their safety.

## What happens if I use a lot of GHB for a long time?

Using GHB all the time may lead to:

- dependence/addiction
- trouble remembering things
- heart issues
- problems with breathing
- anxiety.<sup>4</sup>



## What happens when I stop using GHB after a while?

Giving up GHB after a long time can be hard because the body is not used to going without it, and you can go into withdrawal. GHB withdrawal is serious and can sometimes cause death.

You might experience:

- confusion
- anxiety and paranoia
- fast heartbeat
- shaking
- feeling sick and vomiting
- seeing and hearing things that aren't there
- seizures
- kidney failure.<sup>1,4</sup>

It's important to speak to a doctor if you want to stop using GHB, you can also call one of the support numbers on the bottom of this page.

## What happens when I mix GHB with other drugs?



**GHB + Cannabis:** these drugs can make the effects of each other a bit stronger.<sup>3</sup>



**GHB + ice/cocaine:** ice/cocaine speeds up your heart rate, while GHB slows it down, masking the effects of each other. Depending on how much you take, you could overdose on either drug if one wears off before the other.<sup>3</sup>



**GHB + heroin/alcohol/benzos:** high risk of overdose, may feel clumsy or uncoordinated, slow breathing, sick and vomiting, memory loss, passing out, and possible death.<sup>3</sup>

## How can I stay safer?

- Use with Mob you trust and in a safe place.
- The difference between the amount needed to feel good and the amount that can make you overdose is really small. Find out what a safe amount of GHB is before using.
- Always start with a really small dose and measure it using a syringe barrel if possible. Try not to drink straight from bottle or vial.
- GBL is stronger and much easier to overdose on – be careful if switching from GHB to GBL.

- Wait at least two hours before taking any more.
- Eat and drink plenty of water before and after using.<sup>3</sup>

## Where to get support:

### National Alcohol and Other Drug Hotline (24/7): 1800 250 015

You can speak with a counsellor over the phone, get information on drugs and links to support services. They speak to family and friends too.

### 13 Yarn (24/7): 13 92 76

If you need some crisis support, you can get free assistance from this Aboriginal and Torres Strait Islander crisis support line.

### Brother to Brother (24/7): 1800 435 799

Free 24-hour crisis line to support Aboriginal men experiencing issues relating to relationships, family violence, drugs and alcohol.

### Yarning Safe and Strong (24/7): 1800 959 563

A service for Aboriginal and Torres Strait Islander peoples. You can get free counselling over the phone. They can also support friends and families who need to have a yarn with someone about their wellbeing.

### Victorian Aboriginal Health Service (VAHS): 03 9419 3000

Provides a wide range of in-person health services for Aboriginal and Torres Strait Islander peoples in Victoria. You can find similar services in different locations across Australia using HealthInfoNet's resource: [Map of Aboriginal and Torres Strait Islander health/medical services](#).

#### References

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4. Tucker JA, Darke, S, Lappin, J, Farrell, M. The Clinician's Guide to Illicit Drugs and Health: Silverback Publishing; 2019 [26.10.2023]. Available from: <https://adf.on.worldcat.org/oclc/1099867245>.

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