



For further information:

Drugaid

Tel: 0870 060 0310

0870 numbers are more expensive from a mobile. 0870 numbers are cheaper from a landline.

Tel: 02920 868 675

Tel: 01685 721 991

www.drugaidcymru.com



GHB

GHB

What does it look like?



What is GHB?

GHB – or to give it its full name Gammahydroxybutyrate (Hydroxy-n-butyric acid) – is a synthetic drug used as an anaesthetic. It has also been used by body builders because GHB is supposed to promote the kind of sleep that is best for protein (and therefore muscle) build-up. In about 1994 it began to appear on the UK club scene. It is sold as liquid ecstasy, although it is in no way related to ecstasy.

GHB is a colourless, odourless liquid with a slightly salty taste and is usually sold in bottles for up to £15 but sometimes comes as tablets.

What will it do to me?

GHB is a depressant drug which slows down body actions. Small doses (possibly one capful) will feel like having a few drinks of alcohol. Inhibitions are lowered and libido increased. At higher doses (more than one capful) it may cause sleepiness, nausea, vomiting, muscle stiffness and confusion. Really high doses can lead to convulsions, coma and respiratory collapse.

Drugaid

The strength of GHB can vary greatly from bottle to bottle so it may be very difficult to know how much is being taken. A number of people have been rushed to hospital after taking GHB and recently a few deaths have been associated with consuming large amounts or with alcohol.

When does it become a problem?

GHB is often referred to as a “date-rape” drug. When mixed with alcohol its effects are much stronger which can lead to some of the more serious symptoms seen above. As a result GHB has been used to “spike” people in pubs and clubs making them more vulnerable to rape, robbery and sexual assault.

Not a lot is known about the effects of long term use of GHB. However, it is possible that tolerance, physical dependence and psychological dependence could result.

Staying safer

- Use small amounts and do not mix with other drugs –

especially alcohol.

- In public situations where there is a risk of being “spiked” (i.e. pubs and clubs) keep an eye on your drinks at all times.
- Stay with friends to avoid being in a vulnerable position on your own.
- If someone goes unconscious call for medical help immediately.

The Law

UK Situation

In July 2003 GHB became controlled under the Misuse of Drugs Act 1971, after the Advisory Council on the Misuse of Drugs (ACMD) recognised that it was being widely misused and has harmful effects.

GHB is a Class C drug, which means it is illegal to possess.

Penalties

Possession: up to 2 years in prison or a fine.

Supply: up to 14 years in prison and/or a fine.