

## TO ANY EMERGENCY MEDICAL STAFF CALLED TO ATTEND PATIENTS UNDERGOING GBL/GBH DETOXIFICATION

**PATIENT NAME:**

**D.O.B:**

**STARTING DATE OF MEDICAL DETOXIFICATION:**

**CURRENT MEDICATION:**

Drug	Dose	Frequency
Diazepam		
Baclofen		
Zopiclone		
Other		

For information regarding the clinic management of the patient please contact Dr Owen Bowden-Jones at the CNWL Club Drug Clinic on 020 3315 6111

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## INFORMATION ON GHB/GBL

Known as 'G' it is used for effects similar to alcohol. GHB/GBL is typically taken in liquid form using a pipette. Most users buy the drug from websites which advertise the substance as "Alloy cleaner - not for human consumption". Users will often buy large amounts of the drug, which is delivered to them by post. Most users will consume the drug at weekend dance parties.

As consumption becomes problematic, the frequency of dosing increases dramatically. Dependence is typically associated with dosing 1-2mls of GHB/GBL every 1-2 hours. Users need to dose themselves continuously and so wake regularly through the night to take their next dose.

GHB/GBL withdrawal is a serious and potentially fatal medical emergency. Research has suggested that a significant number of patients need invasive medical support including admission to Intensive Care if withdrawals become uncontrolled. Early treatment of withdrawals appears to reduce the incidence of severe delirium.

Cessation of use leads to a rapid onset of withdrawal symptoms including sweating, agitation, tremor and intense craving. As the symptoms develop, users can experience severe delirium, paranoia, respiratory depression and convulsions.

Treatment of GHB/GBL withdrawals have typically included the use of benzodiazepines in high doses (often > 100mg/24hrs). A number of studies have supported the use of baclofen as an adjunct to benzodiazepines. The theoretical value of baclofen is through the stimulation of GABA-B receptors. Typical Baclofen doses begin at 10mg tds.

There is rapidly developing clinical evidence that patients find baclofen helpful in the context of GHB/GBL withdrawals both in terms of reducing anxiety/agitation and reducing cravings.

Project NEPTUNE has published clinical guidance on the management of GHB/GBL and other novel psychoactive substances and club drugs. This can be accessed here: <http://neptune-clinical-guidance.co.uk/>