GBL Reduction Information

antidote @friend
LGBT drug and alcohol support

If you feel that you are physically dependent on GBL, **it's important that you first stabilise and then reduce your GBL use instead of stopping suddenly.** This will reduce the side effects that GBL dependency can cause .i.e. shaking, sweating, convulsions, anxiety and panic: (and in some cases, hallucinations and delirium).

If you experience any severe side effects during your GBL reduction then contact your GP immediately or go to directly to A&E.

Over leaf, we have given examples of how to both stabilise you GBL intake, and what kind of reduction you should be aiming for over a given week. There is also a blank diary for you to complete, so that you can plan and follow your own GBL reduction goals.
.
Choose a good week to begin your detox. Keep your calendar free of appointments, and make sure this time will not be interrupted with anything or anyone that may cause you stress or anxiety. Make your home comfortable, plenty of nice food, and dvd's or books. It is helpful to have a family member or good friend available to support you this week.

The first day will be unpleasant, but manageable, and you may find it difficult going to sleep on the first night. It will be important then to remind yourself of why you are stopping your GBL use to get you through these times.. Watch tv, dvd's, go for walks, prepare food, or clean out your cupboards to keep yourself occupied.

The second day you may feel exhausted, and uncomfortable, but again it will be manageable. From day 3, and onwards, you should start feeling remarkably better. You will be benefiting from proper sleep, and your stomach will be digesting food better as your damaged intestinal flora returns to normal. Some pro-biotics from the pharmacy could help with this.

Over the next few days you will start feeling like a healthy person again, free from regular dosing. The HABIT of dosing regularly is difficult to break, so it will be important for you to resist the urge to take GBL when something seems stressful, or at times when you are unable to sleep. The dependence cycle can return VERY quickly with just one lapse of judgment.

Resist the urge to drink alcohol or other substance for a few weeks after your detox since we have found that some replace one addiction with another, and alcohol triggers the same receptors in the brain as GBL.

It will be important you continue to work with your keyworker over the next few weeks, to re-learn coping mechanisms, and deal with stress better. If you feel that it is not possible for you to reduce your use on your own, then speak to your key worker about a referral for a medical assisted detox.

GBL Reduction Information

antidote @friend
LGBT drug and alcohol support

Stabilising and reducing your GBL dosage

Irregular use can lead to irregular up and down moods, anxiety, chaos and discomfort. We define **irregular use** as dosage which is not **stable use**.
Below is an **example of what irregular use** looks like over a 3 day period.

TIME	DAY 1	DAY 2	DAY 3
9am	3ml	2ml	3ml
10am	1.5ml	3ml	1.5ml
11am	2ml	1.5ml	2ml
12am	3ml	2ml	2ml
1pm	2ml	3ml	1.5ml
2pm	1.5ml	2ml	2ml
Cont'd each hour			
Bedtime	2ml	3ml	2ml

Below is an example of what stable use looks like over a 3 day period. Find a dose and stick to it, until you start your GBL Reduction diary.

TIME	DAY 1	DAY 2	DAY 3
9am	1.5ml	1.5ml	1.5ml
10am	1.5ml	1.5ml	1.5ml
11am	1.5ml	1.5ml	1.5ml
12am	1.5ml	1.5ml	1.5ml
1pm	1.5ml	1.5ml	1.5ml
2pm	1.5ml	1.5ml	1.5ml
Cont'd each hour	1.5ml	1.5ml	1.5ml
Bedtime	1.5ml	1.5ml	1.5ml

This is an example of what a GBL reduction should look. You will need to reduce your dose by 0.1ml per day (or ONE TENTH of a ml) and stick to it.

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
9am	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml
10am	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml
11am	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml
12am	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml
1pm	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml
2pm	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml
Cont'd each hour	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml
Bedtime	1.4ml	1.3ml	1.2ml	1.1ml	1ml	0.9ml	0.8ml

Continue to reduce by 0.1ml daily so that you bring down your usage to 0.1ml. You will feel very little of the effects of a withdrawal by reducing in this way and you will be able to stop using GBL completely.

GBL Reduction Information

antidote @friend
LGBT drug and alcohol support

GBL DIARY for Stabilisation and Reduction

TIME OF DAY	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE

GBL Reduction Information

antidote @friend
LGBT drug and alcohol support

GBL DIARY for Stabilisation and Reduction

TIME OF DAY	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE

GBL Reduction Information

antidote @friend
LGBT drug and alcohol support

GBL DIARY for Stabilisation and Reduction

TIME OF DAY	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE

GBL Reduction Information

antidote @friend
LGBT drug and alcohol support

GBL DIARY for Stabilisation and Reduction

TIME OF DAY	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE	DAY ___ DOSE