

GHB/GBL

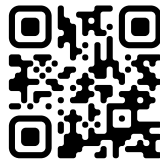
A HARM REDUCTION GUIDE



**QUEERS & PEERS
TOGETHER FOR SAFER USE**

CHB/GBL

A HARM REDUCTION GUIDE



**QUEERS & PEERS
TOGETHER FOR SAFER USE**

SEX, DRUGS, & CARE FOR ALL
queerhealth.info/sdc4all



ANTIDOTE
LONDON FRIEND



THIS BOOKLET IS CO-PRODUCED BY
The Love Tank & Antidote

WORDS

Dr Benjamin Weil

CONTRIBUTIONS

Dr Will Nutland
Dr Leo Pavam
Monty Moncrieff
Julian Dineen

ILLUSTRATIONS

Colin Abbott

DESIGN

Richard Kahwagi

VERSION 1.0

© November 2025

WHAT IS HARM REDUCTION?

Harm reduction is a practice that aims to minimise the negative impacts of using drugs. It means providing care, instead of judgement, to people who are using them.

This includes giving information about how to use drugs more safely, how to recognise signs of overdose or withdrawal, and when and where to seek help.

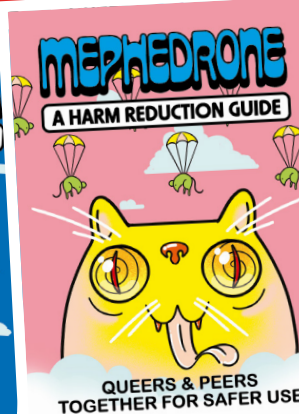
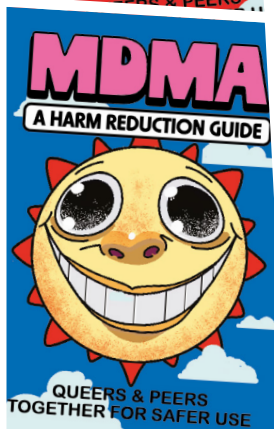
This booklet contains some essential tips about how to use GHB/GBL as safely as possible.

There's more harm reduction advice about GHB/GBL and other drugs at:
queerhealth.info/sdc4all

OTHER GUIDES IN THIS SERIES INCLUDE:



- Cocaine
- Ketamine
- MDMA
- Mephedrone





WHAT IS GHB/GBL?

GHB and GBL - usually just called G - are closely related drugs with sedative effects.

They usually come as a clear liquid, which is then mixed into a drink.

G can make us feel horny, more sociable, less inhibited and a bit euphoric.

GBL has an identical effect to GHB (it's converted into GHB in the body) but **GBL is two or three times stronger than GHB.**

If someone isn't sure whether what they're using is GHB or GBL, it's safer to assume it's GBL at first and use light doses to begin with.

RISKS

Using G can be fun but it's crucial to use it safely. Overdosing on G can lead to unconsciousness - sometimes called 'G-ing out' or 'going under' - and can be fatal.

Mixing G with other drugs that are depressants dangerously increases risk of overdose. This means it's really important to **avoid mixing G with 'downers' or depressants** like: alcohol, ketamine, diazepam, benzos, sleeping pills, sedatives, opiates (like tramadol), and antihistamines.

The difference between a safe dose and an overdose of G can be really small. This means it's also really important to **measure doses carefully** with a pipette or syringe and **space them out** properly.

Lots of people don't know that **G is addictive**.

If someone is using G regularly, they can build up a tolerance and need to use higher doses every time to feel high. Dosing G regularly can make someone physically addicted.

Taking regular breaks from using G, or limiting the amount or amount of times it's used every month, can help

someone avoid developing an addiction and keep their tolerance lower.

If someone is addicted to G and stops using it suddenly, they might experience withdrawal symptoms including: high heart rate, sweating, nausea, loss of appetite, hallucinations and anxiety or paranoia.

Withdrawal can be life-threatening.

If you or someone you're with is experiencing withdrawal symptoms, seek medical attention at accident and emergency (A&E) at a hospital or call an ambulance.



DOSING

G is usually taken by mixing it with a small amount of a soft drink (like cola or lemonade). It tastes bitter and can be harsh on the teeth, so it's good to have another soft drink on hand to wash it down with.

Because it's easy to overdose, **it's really important to measure G doses.** A syringe or a pipette can be used to do this. They can be easily bought online or at pharmacies.

The right dose of G depends on a number of factors, including someone's experience using it.

It's always safest for someone to **start with a lower dose** to figure out what dose is best for them.

If you're using G, try not to let someone else measure it out so you can **stay in full control of how much you're taking**.

Roughly, a light dose of G is 0.3-0.9 mL.

A common dose (for experienced users) is 0.9-1.5mL.

After a dose of G, it's important to wait a while before taking another dose.

Wait between one hour and 90 minutes before taking another dose.

The best way to keep track of this is to run a stopwatch on a phone or to make a note somewhere of the time of the last dose.

OTHER TIPS

Sometimes people prepare a dose of G and forget to take it, or might be preparing doses and get confused about which drink it was put in.

If you're taking G and you're unsure whether a drink contains G or not, throw it away and don't drink it!

It's always safer to err on the side of caution than risk accidentally overdosing and ruining a night.

Some people add a few drops of food colouring - usually green - to their G before they leave the house.

This way, someone can easily identify if some drinks (like a clear lemonade) have a dose of G in it.

SEX AND CONSENT

G can reduce inhibitions. If you're having sex on G or planning to, it's a good idea to think about setting boundaries - with yourself and anyone you're having sex with - about what you want to or don't want to (or will or won't) do.

Make sure you always have verbal consent from anyone you're having sex with when you're using G and never have sex with someone if they can't

verbally or properly consent (for instance, if they start to pass out or go under or are non-responsive or slurring).

If someone is having sex while using G, it's also a good idea for them to **stay on top of their sexual health**.

Stay consistent with HIV meds or HIV PrEP and consider other ways of preventing sexually transmitted infections like using DoxyPEP, getting tested regularly, and getting vaccinated.

There's more information about all of these things at: **queerhealth.info/sdc4all**

FURTHER SUPPORT

If you or someone you know needs support with their drug use (including addiction and dependence), you can find free LGBTQ+ inclusive support at: londonfriend.org.uk/antidote/ and more general support at: talktofrank.com

For more harm reduction advice, and advice on what to do in an emergency or if someone is overdosing visit: queerhealth.info/sdc4all

**SEX
DRUGS
AND
CARE
FOR
ALL**



ANTIDOTE
LONDON FRIEND



SEX, DRUGS, & CARE FOR ALL
queerhealth.info/sdc4all