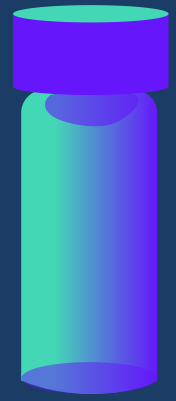


# G SAFETY GUIDE



## What is G?

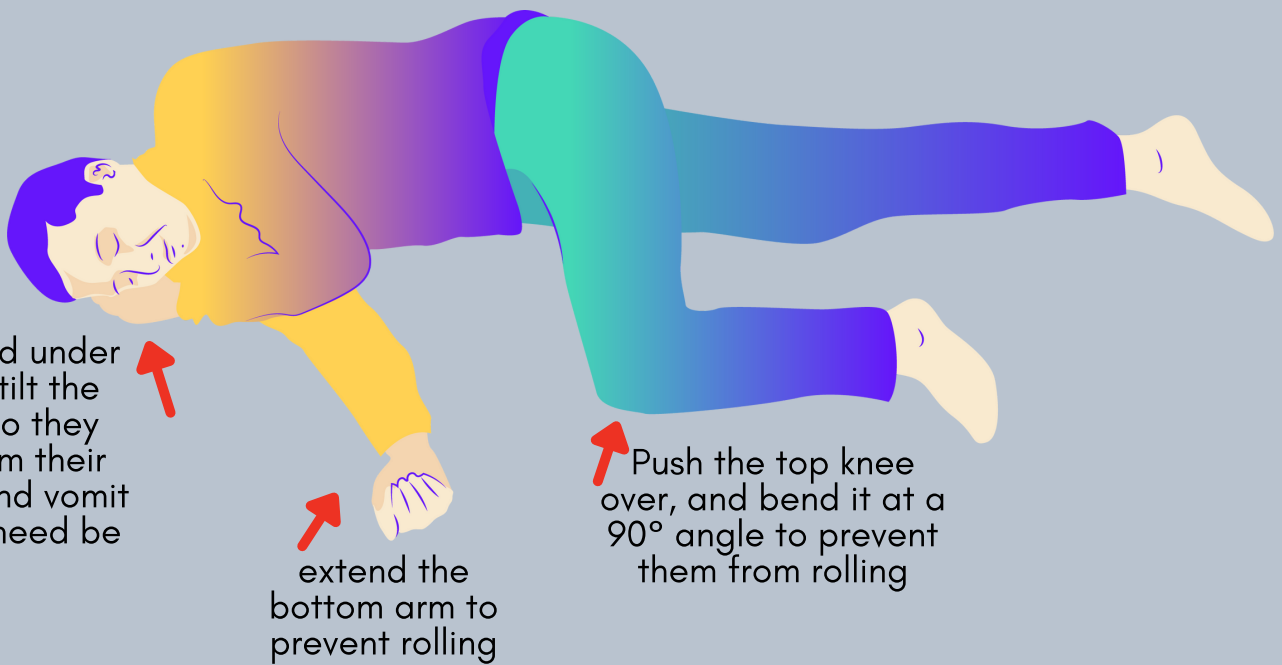
- What is commonly referred to as G or Gina can be Gamma-Hydroxybutyrate (GHB), Gamma-Butyrolactone (GBL), 1,4-Butanediol (1,4BD), or some combination of these chemicals and additives
- Both GBL and 1,4BD are converted to GHB in your body by enzymes. 1,4BD is broken down by the same enzymes that process alcohol
- All of these chemicals, like alcohol, are processed by the liver
- GHB can be a clear salty liquid, or come in a capsule. GBL and 1,4BD are often acrid tasting liquids, and are sold as industrial chemicals

## What does it do?

- GHB works as a depressant, and binds to receptors in your brain. This causes feelings of disinhibition, increases sensations of warmth and pleasure, increases libido, and creates a clumsy intoxication
- Negative side effects include sweating, nausea, vomiting, loss of consciousness, and disturbance of your senses (sight and hearing)

## RECOVERY POSITION SAVES LIVES

The most common way people die after G'ing out, or overdosing, is from choking on their own vomit. The most important intervention to prevent death from G is recovery position, and supervision of people unconscious from G. If someone loses consciousness from G, put them in recovery position (see the diagram below), ensure they are breathing, and that their airway is clear. Check up on them regularly to ensure they have not rolled onto their back, and seek urgent medical attention as needed, especially if you are not able to wake them at all, or if they are taking less than 14 breaths in 1 minute



## AVOID ALCOHOL & OTHER DEPRESSANTS

Alcohol, like G, is a depressant and works on similar receptors in the brain. Because G and alcohol are both processed by the liver, and by some of the same enzymes, combining them effectively raises the dose of G you took and puts you at much higher risk for serious side effects like loss of consciousness, vomiting, sensory disturbances, and death. Besides alcohol you should also not combine G with other depressants like opioids, benzodiazepines (eg. Xanax, Ativan), and antihistamines (eg. Benadryl).



## MEASURE & TIME YOUR DOSES

- It is important to measure your doses by the milliliter (mL) or CC, and record both the dose and time you took it. Texting this information to a friend can be a helpful way to keep track that you aren't taking too much G, or taking it too often
- Pure GHB has the shortest onset (time it takes to feel high) and lasts the longest. It typically lasts 70 minutes
- GBL works as fast as GHB, but typically lasts closer to 60 minutes
- 1,4 BD has a longer onset and lasts for closer to 60 minutes. It is less predictable when 1,4BD will take effect
- For GBL and 1,4BD, when the high starts and how long it lasts are heavily influenced by your genetics, based on the enzymes in your body. Combining any kind of G with other drugs will make the onset and length of effect less predictable
- Wait a minimum of 1 hour between doses, as it is often hard to be sure of what exact mixture of chemicals your G contains
- Waiting 90 minutes to 2 hours between doses is a much safer minimum interval, especially if you are using GBL or 1,4BD. Avoid taking another dose of G if you still feel high
- GBL and 1,4BD are much stronger than GHB and therefore a smaller dose, usually 2mL or less, should be taken

## CHASERS & SKIN CONTACT

G mixtures, especially GBL and 1,4BD, are caustic chemicals, meaning they cause damage to skin and other soft tissues. If you spill G on your skin be sure to wash the affected area with water. If consuming liquid G, be sure to chase it with plenty of water or another non-alcoholic beverage to protect the oral cavity, and reduce the injury to your esophagus. Avoid doing booty bumps if you plan to bottom, as G injures the rectal tissue and makes it more likely you will get an STI like HIV, gonorrhea, or chlamydia.

## BUDDY SYSTEM

- Doing G alone is dangerous, due to the risk of loss of consciousness and death
- G inhibits your ability to make decisions and makes you vulnerable. It is best to have a person whom you trust around who can protect you from dangerous situations and care for you should you lose consciousness
- Texting your doses and having regular check-ins with a friend who is not using G is a good way to ensure your safety
- Make sure you also have a plan for where you can sleep, and someone who will check up on you to reduce the risk of deadly overdose

## DRUG HOLIDAYS

- G, like alcohol, carries a risk for physical dependence. If you find your tolerance is growing or you're experiencing more negative side effects or life consequences due to your G use, a drug holiday can be helpful
- Set a goal for a time period where you will refrain from using G, this can be for a few weeks or months. You can also associate this goal with another activity, like preparing for a 5K run, or going to a party
- Remember that drug holidays reduce your tolerance, so if and when you use G again, start at a low dose and go slow to avoid overdose
- If you are unable to wean off G due to withdrawal symptoms, seek professional medical attention as there are medicines to treat withdrawal from G

