

G

Harm reduction information targeting 'G' (GBL, GHB, Liquid E) users among the gay community in nightlife settings in Dublin

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What's in the presentation?

- Drugs.ie is a partnership project between the HSE and The Ana Liffey Drug Project
- Ana Liffey Drug Project, Drugs.ie, Gay Switchboard Ireland, Gay Men's Health Service, HIV Ireland, HSE National Social Inclusion Office, HSE Public Health and HSE Communications

G

G information

- G is a term given to the drugs GHB (gamma hydroxybutyrate) and GBL (gamma butyrolactone)
- Liquid E, Gina, Geebs
- Depressant type drug
- Effects
- €30 for 30ml bottle
- Club scene and 'Chemsex' scene

Distinct features

- Steep dose response curve
- Delayed onset
- Loss of consciousness
- Tolerance, withdrawal and dependence
- Overdose and fatal overdose
- Not detectable after 8 hours in the blood and after 12 hours in urine

Emerging concern

- Anecdotal reports from Gay community among MSM at 'Chemsex' parties
- Graham Ryall, Rialto Community Drug Team and HIV Ireland
- Patients presented very addicted
- Reports of loss of consciousness and overdose
- Concerns from addiction, sexual health services and club promoters

G

Data

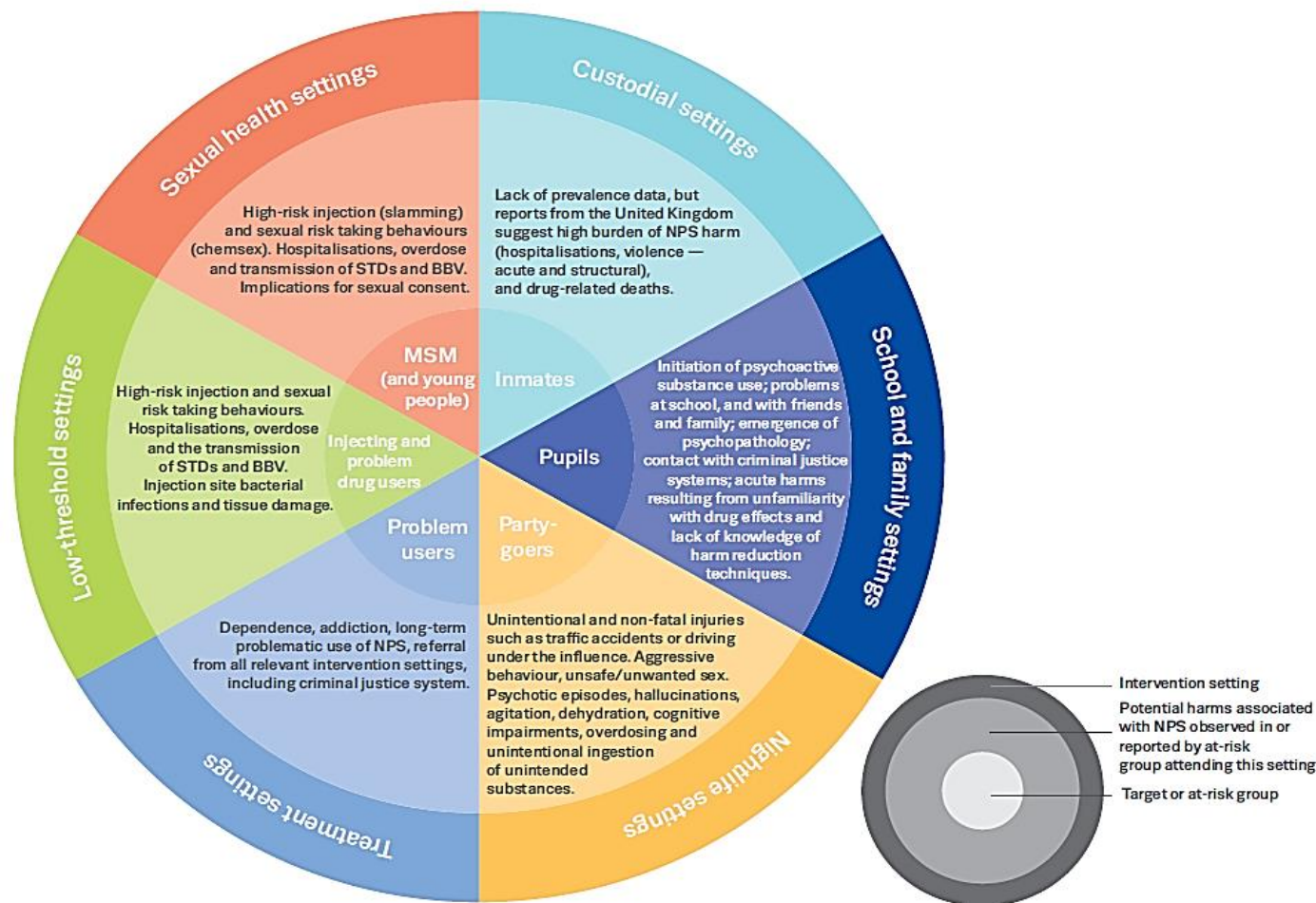
- MISI (2015) survey 3.4% (106 people) had used G
- GMHS - 1 in 4 participants had engaged in chemsex; with the drug G being the most commonly used substance
- 56% had used G in last 12 months

Response

- A working group from addiction and sexual health services collaborated to develop harm reduction information
- Statutory and NGO services
- HSE Social Inclusion, HSE Communications, The Ana Liffey Drug Project, Drug Treatment Center, HIV Ireland, Gay Men's Health Service

Framing the response

Relevant intervention settings (outer ring) where potential NPS-related harms and risk behaviours (middle ring) are reported by or observed among at-risk groups (inner ring)



Campaign resources

- International literature review and examination of resources
- Poster
- Fact sheet
- G card
- G booklet
- Cultural competence - Gay Men's Health Service Outreach Workers
- Clubs/pubs
- Online/social media
- English, Portuguese and Spanish

G

Posters

- GMHS
- Clubs/pubs
- Health services
- Drug services

G

Also known as GHB, GBL and Liquid E

G is a drug which can give you a high with small doses and sedation with only slightly higher doses. Taking G can result in feelings of euphoria, reduced inhibitions and drowsiness. G is commonly sold in plastic bottles or containers.

G OVERDOSE

The effects of G vary from person to person; what can be a euphoric dose for one person can be a sedative dose for another. It is very easy to overdose on G. There is only a small variation in the dose required to produce the 'desired effect' and the dose which could result in an overdose. A G overdose, or going under, can lead to a coma or death.

IT IS ALWAYS SAFEST NOT TO TAKE UNKNOWN OR ILLICIT DRUGS AT ALL.

If you do decide to take G, remember:

- Always use as low a dose of G as possible and wait 4 hours before redosing.
- Never swig from the bottle or accept pre-prepared G from someone else.
- Avoid mixing with alcohol. Mix G with water, soft drinks or juice.
- Avoid using G with other drugs.
- As unconsciousness can occur, try to have one sober friend or one friend who isn't using G.
- Use with people you can trust in a safe environment.
- G increases libido and lowers inhibitions, so always carry extra condoms.

Seek medical help and contact emergency services if you or a friend has used too much G. Don't assume people will 'sleep it off'.

For information and support on drugs and alcohol visit: drugs.ie/ghb or call the HSE Drugs and Alcohol Helpline on 1800 459 459

DRUGS.ie
Drug and Alcohol Information and Support

 Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

G

También conocido como GHB, GBL y Líquido E

G es un fármaco que puede hacerte efectos con dosis pequeñas y sedarte con dosis algo ligeramente más altas. Tomar G puede resultar en sentimientos de euforia, reducción de inhibiciones y somnolencia. G se vende comúnmente en botellas de plástico o envases.

SOBREDOSIS DE G

Los efectos de G varían de persona a persona. Lo que puede ser una dosis eufórica para una persona puede ser una dosis sedante para otra. Es muy fácil tener una sobredosis de G. Sólo hay una pequeña variación en la dosis requerida para producir el 'efecto deseado' y la dosis que podría dar lugar a una sobredosis. Una sobredosis de G puede conducir a un coma o a la muerte.

ES SIEMPRE MÁS SEGURO NO TOMAR MEDICAMENTOS DESCONOCIDOS O ILEGALES.

Si decides tomar G, recuerda:

- Siempre usa una dosis tan baja de G como sea posible y espera 4 horas antes de volver a administrar.
- Nunca beba de la botella o acepte G pre-preparado de otra persona.
- Evita mezclar con alcohol. Mezcla G con agua, refresco o zumo.
- Evita usar G con otros medicamentos.
- Como puede ocurrir una pérdida de la conciencia, trata de tener un amigo sobrio o que no esté usando G.
- Utilízalo con personas en las que puedas confiar en un entorno seguro.
- G aumenta la libido y disminuye las inhibiciones, por lo que siempre lleva condones adicionales.

Busque ayuda médica y póngase en contacto con los servicios de emergencia si usted o un amigo ha usado demasiado G. No asuma que 'se quedará dormido'.

Para obtener información y apoyo sobre las drogas y el alcohol visite drugs.ie/ghb o llame a la Línea de Ayuda sobre Medicamentos y Alcohol de HSE al 1800 459 459

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Health Service Executive

G

Também conhecido como GHB, GBL e E Líquido

G é uma droga que em pequenas doses pode ter um efeito estimulante, e de sedação em doses mais elevadas. A toma de G pode levar a uma sensação de euforia, redução e provocar sonolência. O G é vendido em frascos ou recipientes de plástico.

OVERDOSE DE G

Os efeitos de G variam de pessoa para pessoa. O que para uma pessoa pode ser uma dose de euforia, para outra pode ter um efeito sedativo. É muito fácil ter uma overdose de G. A diferença entre a dose necessária para produzir o 'efeito desejado' e a dose que pode resultar em overdose é muito pequena. Uma overdose de G, ou perda de consciência, pode levar ao coma ou à morte.

É MAIS SEGURO NÃO TOMAR QUALQUER DROGA ILÍCITA OU DESCONHECIDA.

Se decidir tomar G, lembre-se:

- Tome sempre uma dose pequena de G e espere 4 horas antes da dose seguinte.
- Nunca tome de uma só vez da frasco ou aceite G pre-preparado de outra pessoa.
- Evite misturar com álcool. Misture G com água, bebidas sem álcool ou sumo.
- Evite usar G com outras drogas.
- Uma vez que pode vir a ficar inconsciente, procure ter um amigo sóbrio ou um que não esteja a tomar G.
- Use com pessoas da sua confiança num ambiente seguro.
- O G aumenta a libido e diminui as inibições, por isso tenha sempre consigo preservativos extras.

Procure ajuda médica e contate os serviços de urgência se você ou um amigo tiver tomado muito G. Não assumo que se "dormirá" depois.

Para obter informação sobre drogas e álcool visite drugs.ie/ghb ou ligue para a Linha de Apoio de Drogas e Alcool do HSE no número 1800 459 459

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Health Service Executive

Fact sheet

- With new substances emerging all the time, drug services should remain vigilant (NHS, 2010)
- Information for drug/sexual health workers

G FACT SHEET

WHAT IS G?

G is a term given to the drugs GHB (gamma hydroxybutyrate) and GBL (gamma butyrolactone). Both are depressant type drugs which can produce a high with small doses and sedation with only slightly higher doses. Users report that G makes them feel euphoric, with a loss of inhibitions, increased confidence and higher libido. Most users report that the experience is very similar to being drunk. The effects will vary from person to person and will depend on how much is consumed.

GBL is converted into GHB in the human body after ingestion. G metabolises to carbon dioxide and water, and it is rapidly eliminated from the body. It is not detectable after 8 hours in the blood and after 12 hours in urine.

G has a similar structure to Gamma Aminobutyric Acid (GABA) and acts on GABA-B receptors in the brain, the same receptors that alcohol acts on. By activating the GABA receptors, G can make a person become more relaxed and less responsive.

GBL is used legitimately as an industrial solvent and paint stripper. GHB/GBL are controlled drugs under the Misuse of Drugs Act.

STREET NAMES

There are more than 80 known names for G and its analogs. Different names are used depending on specific locations and who is using the drug. Some examples include: GHB; GBL; G; Gina; Geebs; Liquid E; Liquid Ecstasy.

DIFFERENT FORMS

Sometimes G can be bought as an already mixed solution or in its pure form of GHB/GBL. When consumed pure or almost pure, G can taste very unpleasant and may cause burns. In liquid form, G comes in a variety of different bottles.

There are three main types:

- **GHB:** an odourless, oily liquid with a slightly salty taste, usually sold in small bottles or capsules. It can also come in white powder form, but this is rare. GHB is absorbed rapidly in the body. Its half-life is 20-30 minutes, meaning this is the amount of time it takes for half of the substance to be gone from a person's system. The effects of GHB usually occur 15-20 minutes after ingestion and can last for up to three or four hours, if not longer, depending on the person taking it and the amount used. It is suggested that its peak time is 30-60 minutes after use.
- **GBL:** a liquid with a chemical smell and taste. Some users report that GBL tastes like a solvent, similar to paint stripper or nail polish remover. GBL is a precursor to GHB, which means that it is converted to GHB when ingested. GBL is absorbed faster in the body than GHB and it potentially has a faster onset of action. Some users report that GBL is more potent than GHB.

G card

- National Drug Treatment Centre & Rialto Community Drug Team
- Recommended G users to carry a G card
- HSE circulated information to hospital emergency departments
- Positive feedback – ‘Donor card’

GHB - GBL - G - Liquid E

Emergency Contact:

An overdose with one of the above substances may be a possibility if this person is found collapsed.

You **SHOULD**:

- Call the Emergency Services (112).
- Check that he/she is breathing.
- If not breathing, attempt CPR, if trained.
- If breathing, place in the recovery position, and continue monitoring breathing.
- **MAKE SURE** they have not vomited (risk of choking).

GHB - GBL - 1,4 Butanediol

(For Emergency Services)

Note: Someone can transition from an overdose into serious withdrawals (risk of seizures & rhabdomyolysis).

For treatment of withdrawals consult the Maudsley Prescribing Guidelines, 12th Edition or later visit: <http://maudsley-prescribing-guidelines.co.uk/>

For further information on the effects of these substances visit to drugs.ie

For further information on a treatment intervention, or detoxification, please contact:

HSE National Drug Treatment Centre: +353 1 648 8600

HSE Helpline: +353 1 800 459 459

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Booklet

- Pocket size
- Tips for the party



G

Key messages from campaign

- It is always safest not to take unknown or illicit drugs, but if you do...
- Take orally but never mix with alcohol
- It is very easy to overdose on G
- Always use as low a dose of G as possible and wait
- Carry a G card or write G, GHB, GBL on your hand
- Never swig from bottle/never take pre-prepared G from someone else
- As unconsciousness can occur, try to have one sober friend or one friend who isn't using G
- Use with people you can trust in a safe environment
- Condoms
- Don't suddenly stop

Drugs.ie/ghb

- Successful collaboration between addiction and sexual health services
- Greater levels of expertise
- Public health campaign with a harm reduction focus
- Distributed information directly to target audience