

# Safer Use of GHB

- **GHB use can be risky!** While 0.5g is enough for a 125 pound person, taking only slightly more can easily cause nausea, vomiting, diarrhoea, headache, confusion, and dizziness. Only slightly more GHB can cause seizures, forced sleep, coma and even no breathing. Although most of these effects go away after a few hours, there have been near deaths linked to GHB use in Toronto.
- This narrow dosage range is even trickier given that most GHB is homemade -- strength will vary from batch to batch (anywhere from 0.5g to 2.5 g per teaspoon.). This means that one dose could give you the desired happy effects, or knock you out!
- Start with no more than 1/2 teaspoon - 2ml - and wait at least half an hour (an hour is better) before doing only a little more. Remember, it's super easy to OD on this drug. Even if you did 2 capfuls last time with no problem, this time could very well be different.
- **Don't use GHB with any downers** -- especially alcohol, but also benzos (valium, ativan, xanax), opiates (heroin, codeine), and antipsychotics (haldol, elavil, fluphenazine...). Use of these while on GHB will greatly increase the chance of overdose and death. Consider not using GHB if you have a slow heart beat, high blood pressure, any heart problems, or seizures.
- **Don't drive.** One dose of GHB is like 6 drinks. Be with friends who will take care of you and keep you safe if you pass out. If you're with someone who has passed out, put them in recovery position and watch their breathing (or find someone who can - who knows first aid). Call an ambulance if they seizure for longer than 5 minutes or take less than 8 breaths in a minute.

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