

THE HIGH—WAY CODE

THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE

(GHB)



GLOBAL DRUG SURVEY

INTRODUCING THE GDS HIGH-WAY CODE

GDS knows pleasure drives drug use, not the avoidance of harm. As far as we know no guide has ever outlined the impact of harm reduction strategies on the pleasure users obtain from drugs... until now...



GLOBAL DRUG SURVEY

Ours is a simple premise: as with driving, there are things you need to know and 'rules' you should observe in order to get you to your destination safely. Being aware of these makes you much more likely to get to your planned destination in one piece and much less likely to cause harm to anyone around you.

Please share these findings, they really are important.



THE HIGH-WAY CODE



WHAT IS IT?

The first guide to safer drug use voted for by people who take drugs.

HOW WAS IT WAS DEVELOPED?

GDS asked loads of people who take drugs, as well as other experts, what strategies they thought would reduce the risk of harm when taking some commonly used drugs. As part of GDS2014, we asked people from around the world who had used those drugs in the last year to vote on these strategies. For each strategy we asked:

1. if they usually (i.e. more than 50% of the time) did it
2. to rate how important it is in reducing the risk of harm (10 being the max reduction of risk)
3. to tell us whether using that strategy increased, decreased or had no effect on the pleasure they got from the drug.

WHO DEVELOPED IT?

The guys and gals at Global Drug Survey—a nice bunch of smart people who know a bit about drugs and, with people's help everywhere, will continue to learn more and share what they find out.

ANYTHING ELSE?

Yep follow us on twitter @globaldrusurv
@drugsmeter, like us on Facebook and check out our free apps the drinks meter (www.drinksmeter.com and the app stores) and the drugs meter (www.drugsmeter.com and google play store)

For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com

HOW TO READ THE HIGH-WAY CODE

This number indicates the percentage of people who told GDS they usually follow the strategy.

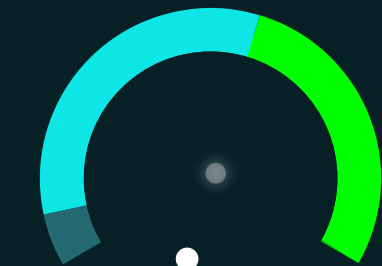
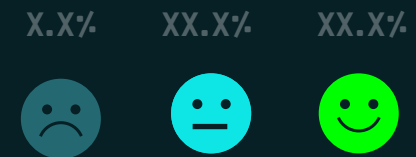


Users who usually do

This dial tells you how important users thought this strategy was in reducing the risk of harm.



Reducing risk from 0–10



Pleasure impact rated by users

Here you can check how many users thought this strategy increased, decreased or didn't affect their pleasure.



KNOW YOUR DRUG EFFECT, THE DOSE, TIME TO ONSET, TIME TO PEAK AND HOW LONG IT LASTS



All drug effects are dose related. Usually the more drugs you take the stronger and longer lasting the effects (and the greater the risk of harm). Because drug purity and potency varies so much you need to treat every new batch as a new drug. This means 'test dosing' each new batch. Knowing how strong your drug is can help you titrate (adjust/measure) how much you take so hopefully you get the effect you want and avoid overdosing. By knowing how long it takes for a drug to come on and how long it lasts, you reduce your risk of taking too much. People also vary widely in how they respond to drugs and how much they need to take. Everyone has to find their own 'right dose'. Not all drugs suit all people so if you get anxious or paranoid on a drug don't use it. Remember being greedy is not good for you. Less is more. Don't ever be worried about calling for an ambulance if you're worried about the state of a mate.

GDS does not condone or promote the use of illegal drugs. GDS does promote the use of common sense when going about one's daily activities. Drugs and alcohol can be very dangerous. They can kill you. Using drugs when you are young can have a lasting negative impact on your cognitive and emotional well-being. The only way to avoid to these harms is not to take drugs. This document represents the views of those who responded to the GDS. Please note: no amount of planning and care can ensure you will have either a safe or enjoyable experience when you take drugs. GDS is simply reporting the results of the survey which may provide some guidance in reducing the risk of harm only. The best way to avoid drug related harm is to not use drugs.

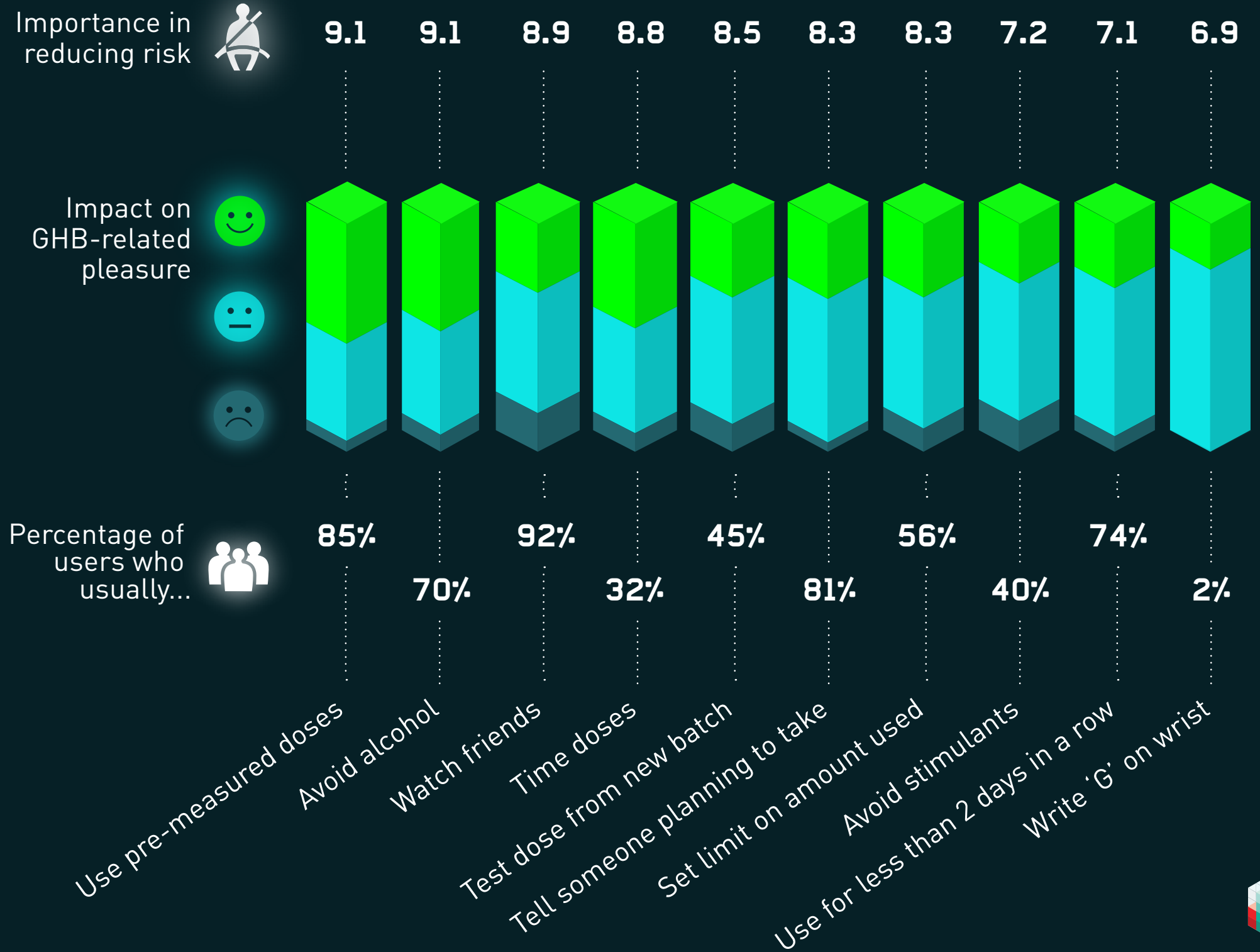
GHB
OVER 850 USERS

Although G preparations vary in potency, typical dose, speed to onset and duration of effect Global Drug Survey is treating GHB/GBL/1,4 butanediol as a single drug, collectively referred to as G or GHB in this part of the High-way Code.

Usual dose	1-2	mls (taken orally)	
Time to onset	5-10	min	<div></div>
Time to peak	15-30	min	<div></div>
Duration of action	2-4	hrs	<div></div>

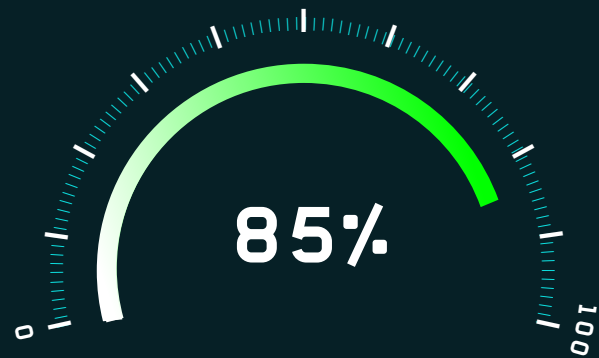


GHB



1

USE PRE-MEASURED DOSES

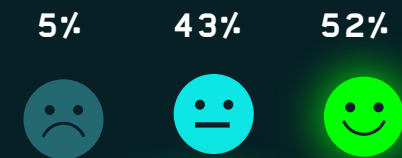


Users who usually do



9.1

Importance in reducing risk



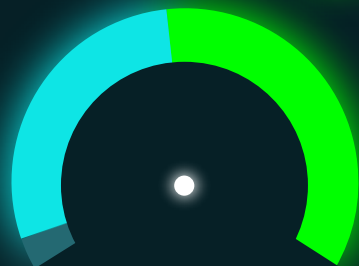
5%



43%



52%



Impact on
GHB-related
pleasure



1

USE PRE-MEASURED DOSES

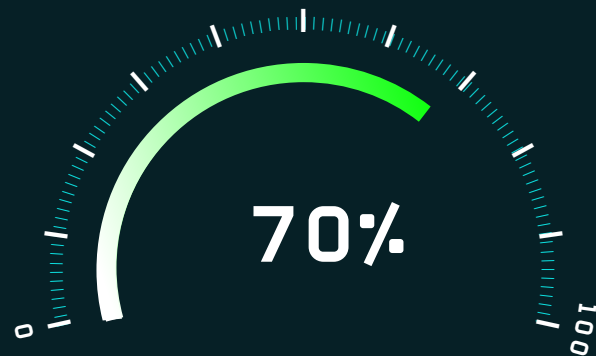
Use a pipette/
syringe/eye dropper or
pre-measured doses
when you use GHB

Every drop counts. G is such a potent drug. There's a tiny difference between a dose that gets you high and horny and one that causes you to pass out. A difference of 0.5mls can have a huge impact on effect (and risk). Because it's a solvent G can erase the markings on plastic syringes so glass eye droppers or pre filled capsules are best. Little soy fishes half-filled contain about 1.5mls-2mls.



2

AVOID ALCOHOL

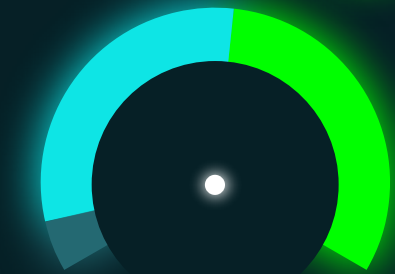
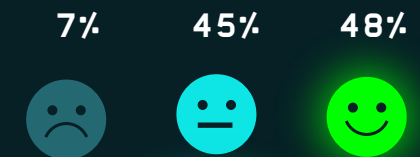


Users who usually do



9.1

Importance in reducing risk



Impact on
GHB-related
pleasure



2

AVOID ALCOHOL

Totally avoid drinking any alcohol when you use G

Alcohol and G = OD. While mixing G with alcohol may enhance some of the effects of G it massively increases the risks of OD. It can delay the amount of time G takes to kick in and so can also make safer dosing more difficult. Alcohol is a very dangerous mixer for G. Stick to water or juice!



3

WATCH FRIENDS

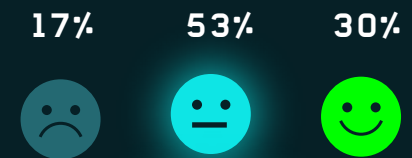


Users who usually do



8.9

Importance in reducing risk



Impact on
GHB-related
pleasure



3

WATCH FRIENDS WHO HAVE TAKEN G

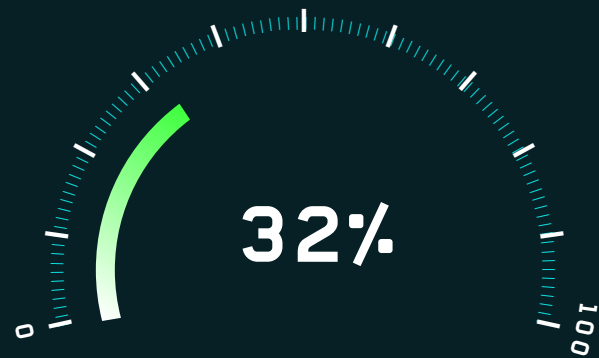
Keep any eye on friends
who have also taken G

You can keep your mates safe. Common sense and being a mate don't need an explanation. Mates will spot a friend in trouble with drugs before anyone else —so if you are worried, do as most of you do and look out for mates. Cheap, simple and so very important. If someone becomes unconscious on G put them in the recovery position and call the paramedics.



4

TIME DOSES

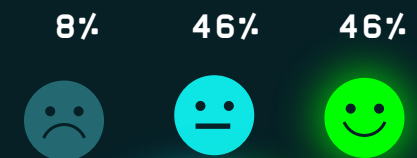


Users who usually do



8.8

Importance in reducing risk



Impact on
GHB-related
pleasure



4

TIME DOSES

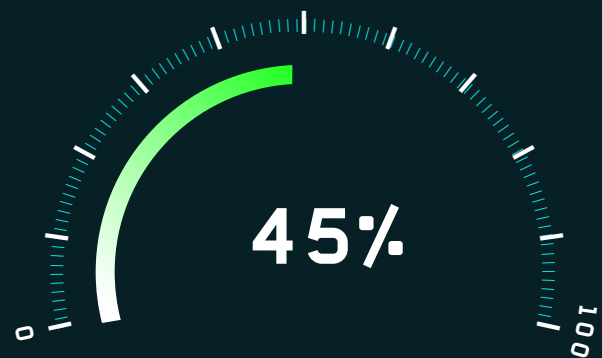
Set a reminder (e.g on phone or watch) to tell you when it's safe to take another dose of GHB

Every minute counts. G does not last very long but effects and the risk of passing out can increase if you dose too often. Making sure you leave a good gap (at least 90–120 minutes) between doses can help reduce the risk of over dosing on G. Because G impacts on your memory and perception of time, timing each dose can be difficult. Setting an alarm to the minimum safe time between doses can help reduce your risk of needing a wakeup call in the Emergency Room.



5

TEST DOSE FROM NEW BATCH

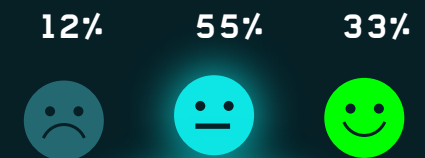


Users who usually do



8.5

Importance in reducing risk



Impact on
GHB-related
pleasure



5

TEST DOSE FROM NEW BATCH

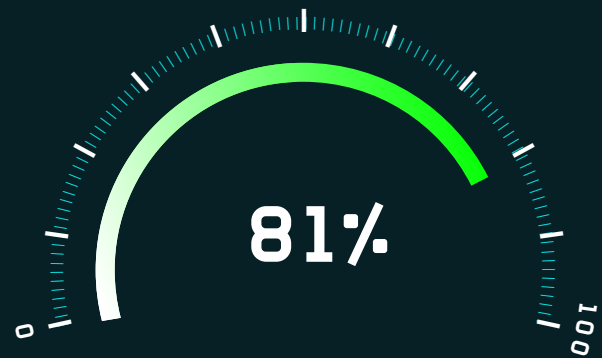
Test dose a new batch by using less than 0.5 ml and waiting for at least 60 min before re-dosing

Every drop is not the same. Taken orally the effects of G come on quickly, peaking within 10–15 minutes. Because each batch of G may be slightly different in strength and what it contains you are safest checking each new batch by taking a smaller dose than usual and then waiting for at least 60 minutes before taking another dose. Knowing how strong your drug is can help you titrate (adjust/measure) your dose so hopefully you get the effect you want and not end your evening before it has begun.



6

TELL SOMEONE PLANNING TO TAKE

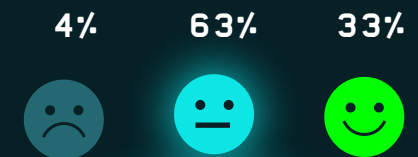


Users who usually do



8.3

Importance in reducing risk



Impact on
GHB-related
pleasure



6

**TELL A FRIEND
YOU'RE PLANNING
ON TAKING G**

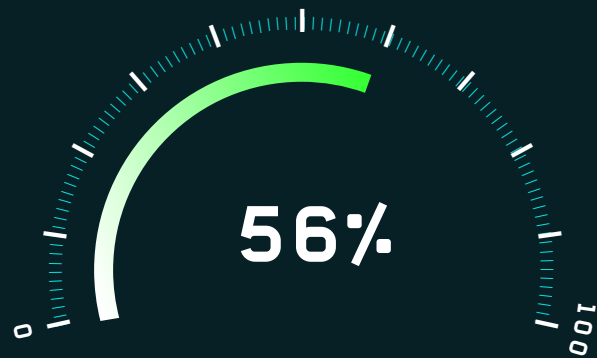
Make sure you let a friend know that you are planning to take GHB

Your mates can keep you safe. Letting someone know what you're planning to take can help them keep an eye out for warning signs that you've overdone it e.g the G wobble, twitch, walk, slur, dance, nod, slouch and dribble. They can get you somewhere safe before you drop off or find yourself vulnerable to others.



7

SET LIMIT ON AMOUNT USED



Users who usually do



8.3

Importance in reducing risk



Impact on
GHB-related
pleasure



7

SET LIMIT ON AMOUNT USED

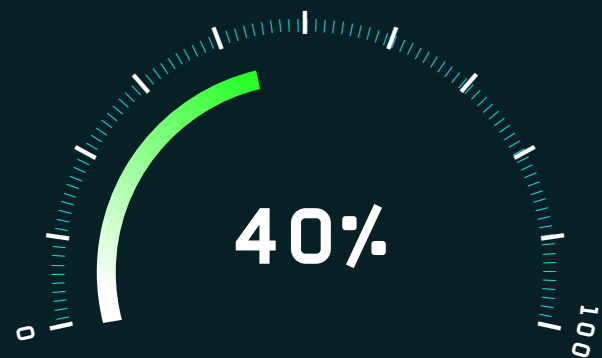
Set a limit for how much G you will use on a day you use

When enough is enough. Since most drug related harms are dose related, setting a limit for how much G you use on a day (we don't know much is safe) might help you keep your use under control and reduce your risk of developing tolerance and other G related harms. Try to stick to less than 15–20mls/day. Above that dose, you're veering into the doses where people start developing physical dependence and withdrawal (if used over several weeks). More is less as they say.



8

AVOID STIMULANTS



Users who usually do



7.2

Importance in reducing risk



Impact on
GHB-related
pleasure



8

AVOID STIMULANTS

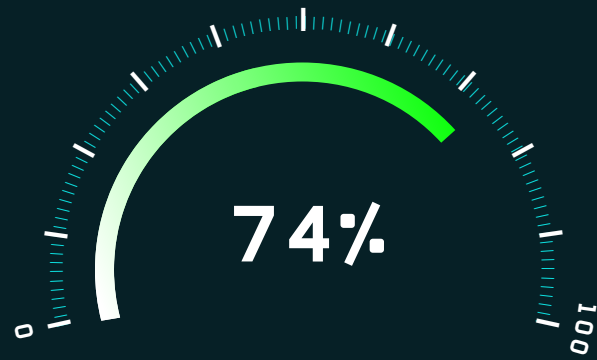
Avoid taking stimulant drugs when you use GHB

G—best enjoyed on its own. Mixing drugs can be fun. But in most cases mixing leads to an increased risk of harm and drug consumption. Adding stimulant drugs to a G session keeps you awake longer so you can use more G. Mixed together though you increase your risk of paranoia, hallucinations and aggression.



9

USE FOR LESS THAN 2 DAYS IN A ROW

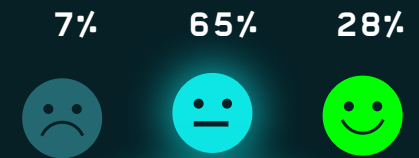


Users who usually do



7.1

Importance in reducing risk



Impact on
GHB-related
pleasure



9

**USE FOR LESS
THAN 2 DAYS
IN A ROW**

Avoid using GHB for more than
2 days in a row

A weekend is just 2 days long. People can build up tolerance to the effects of G very quickly, even within a few days. While regular use and the build-up of tolerance with some drugs can reduce your risk of overdose on that drug, that is not the case with G. It can take as little as a week or two to become physically dependent on G. This means if you stop taking it you might go into withdrawal and risk experiencing really serious health problems. So if you want to avoid developing a physical dependency and the risk of really dangerous withdrawal don't use for more than 2 days in a row.



10

WRITE 'G' ON WRIST

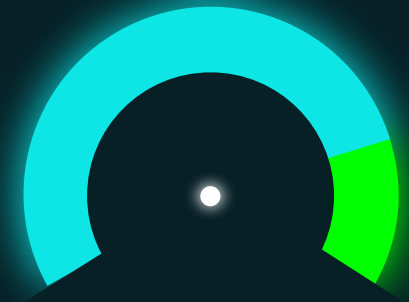


Users who usually do



6.9

Importance in reducing risk



Impact on
GHB-related
pleasure



10

WRITE 'G' ON WRIST

Write the letter 'G' on your wrist when you take GHB

Make it easy for others to help. If you pass out and are found unconscious by someone, other than putting you in the recovery position, it can help them and paramedics time to know what you have taken. Having a letter G written on your wrist can help them. If you get stopped by the police—just say it's a reminder to call Gary!

