



**For Help, Call Today**

## The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

### How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

## LSUHSC Campus Assistance Program

### About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

### Contact Us

Phone: (504) 568-8888

Email: [cap@lsuhsc.edu](mailto:cap@lsuhsc.edu)

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program  
411 S. Prieur St.  
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Campus Assistance Program



## Facts About Drugs: GHB

*Prepared by the LSUHSC Campus Assistance Program.  
(504) 568-8888*



## What is GHB?

GHB (Gama Hydroxybutyric Acid) is a synthetic depressant usually produced in illegal labs. GHB was banned (in the U.S.) by the FDA in 1990 because of the dangers association with its use. In 2002, GHB was approved for treatment of a rare form of narcolepsy. Like Rohypnol, GHB is considered a “date rape” drug because it can be mixed with liquids (even water) and a victim wouldn’t notice by smelling or looking at it.

GHB is misused for its ability to increase libido, suggestibility, passivity, and to cause amnesia (no memory of events while under the influence of the substance)- traits that make victims vulnerable to sexual assault and other criminal acts. The effects of GHB begin 15 to 30 minutes after taking it and the effects last 3 to 6 hours.

In low doses GHB is a Central Nervous System (CNS) depressant, sometimes referred to as sedatives and tranquilizers, and has similar effects like alcohol. It can induce a sense of calm, relieve anxiety, and cause generalized relaxation. When combined with alcohol and other CNS depressants, it can cause severe lethargy, mental confusion, coma, and even breathing difficulties.

## Symptoms, Effects, and Awareness

### Effects on the Mind and Body

GHB produces depressant effects including euphoria, drowsiness, decreased anxiety, confusion, and memory impairment. GHB can also produce visual hallucinations and excited/aggressive behavior. At high doses, GHB overdose can result in unconsciousness, seizures, slowed heart rate, and slowed breathing. Regular use of GHB can lead to addiction and withdrawal.

### Medical Help

Because GHB leaves the body’s system relatively quickly, it is not easily detected by medical tests. It is important to tell a medical professional that you have been using GHB so that you can get appropriate medical help. GHB can easily be slipped into someone’s drink undetected. If you start to feel symptoms that don’t make sense with what you are drinking, get help immediately. If someone passes out from known or suspected GHB use, always seek medical attention immediately, no matter what anyone else tells you.

### Addiction and Treatment

GHB is highly addictive and habitual use, even for a short time, can lead to physical and psychological dependence. Withdrawal can cause delirium, disorientation, and hallucinations that may last up to two weeks.

Treatment of GHB withdrawal syndrome is not yet clearly defined. Most individuals require hospitalization ranging from 7 to 14 days. Attempts to self-detoxify, without medical assistance, have been fatal, because the withdrawal syndrome may be severe and unpredictable.

## Protecting Yourself

GHB has been used as a “Date Rape” drug for some time. There are simple ways to decrease your chances of becoming a victim of this crime:

- When in bars or clubs always get your drink directly from the bartender and do not take your eyes off the bartender or your order; don’t use the waitress or let somebody go to the bar for you.
- At parties, only accept drinks in closed containers, bottles or cans. Do not drink from open beverages sources like punch bowls, pitchers, or tubs.
- Don’t leave your drink unattended. If YOU are not watching your drink, then YOU can never be sure if your drink has not been dosed.

If you suspect that you have been dosed, seek medical attention and inform the medical staff of your suspicions.

## Resources

### United States Drug Enforcement

#### Administration

<https://www.dea.gov/factsheets/ghb-gamma-hydroxybutyric-acid>

### The National Institute on Drug Abuse

<https://nida.nih.gov>

If you, a family member, or anyone you know has a problem with GHB or any other drug, please contact the **LSUHSC Campus Assistance Program** at (504) 568-8888 for a **free and confidential** evaluation.