

## Information about Date Rape Drugs

Although alcohol is the number one date rape drug, there are other "date rape drugs" that are being used increasingly in central Missouri. There is real danger from being dosed with a date rape drug like GHB, Rohypnol, or even Ketamine. Knowing more about them and their effects can help you to stay safe and help you to look out for your friends as well.

### GHB (Gamma Hydroxy Butyrate)

- GHB is being widely used as a date rape drug. In the past, Rohypnol was the most frequently used in this way, but we are now seeing more instances of date rapes committed with the assistance of GHB. It is easily slipped into a drink, and can take effect within 3-7 minutes, with as little as 2 sips of a dosed drink.
- GHB is usually in the form of a clear liquid. It has a very slight salty taste, but this is easily masked in any flavored drink, non-alcoholic as well as alcoholic. One dose of GHB is equal to the amount held in a water or soda bottle cap.
- GHB is often homemade. The ingredients are basically engine degreasing solvent/floor stripper combined with drain cleaner. It will eat through a Styrofoam cup.
- A person can be dosed with GHB in less obvious ways than just pouring a small amount into a drink. There have been cases of GHB being frozen into ice cubes that are then used in the preparation of a drink, of a cup or glass being coated with GHB prior to a drink being poured into it, and of GHB being added to a bottle of liquor or soda which is then used in the preparation of a drink.
- GHB is also known by over 80 other names, including G, Grievous Bodily Harm, Scoop, Bedtime Scoop, Salty Water, Liquid E, Ecstasy (but it's not the same as Ecstasy), Easy Lay, G, Jib, Liquid X, Woman's Viagra, Gamma 10, GH Buddy, Aminos, Blue Thunder, Remforce, Gina, Swirl, Tranquili G, Midnight Blue, Rejoov, Somax, Somatomax, Great Hormones, Flower Power, Puritech, Alcover, G-riffick, Goop, Gook, G-Juice, Eclipse, GH Gold, Soap, Vita G, Dormir, FX, Inner G, Zen, White Magic Cleaner, Ink Jet Cartridge Cleaner, Plant Food, Fingernail Polish Remover, and Paint Stripper.
- Although GHB is an illegal substance, there are also analogs of GHB that are still available legally (often sold in gyms, health food stores, and convenience stores), and they turn into GHB once they are in your body.
- GHB analogs are sold with many different names, including GBL, BD, Blue Nitro, Revivarant, Renewtrient, Revitalize Plus, Serenity, Enliven, GHRE, SomatoPro,

NRG3, Thunder Nectar and Weight Belt Cleaner, Invigorate, Firewater, Verv, and more.

- GHB and its analogs are marketed as products that fight stress and depression, are sleep aids, relieve anxiety (like alcohol, but without those pesky calories), aid in muscle-building, enhance athletic performance, enhance sexual feelings, and even combat aging!
- Effects of GHB:
  - ~ Intoxication
  - ~ Increased energy, talking, and desire to socialize
  - ~ Lack of inhibitions
  - ~ Increased sensitivity to touch
  - ~ Muscle relaxation, loss of muscle coordination/hampered mobility
  - ~ Nausea coupled with loss of gag reflex (victim may aspirate on own vomit)
- Effects of Large Doses of GHB:
  - ~ Sedation and desire to sleep
  - ~ Respiratory failure
  - ~ Rambling, incoherent speech
  - ~ Difficulty thinking
  - ~ Loss of consciousness, or consciousness with inability to move
  - ~ Coma or death, especially if combined with alcohol or other drugs
- Duration: Although the effects of GHB may begin within 3-7 minutes after ingestion, they can last as long as 3-5 hours. GHB can be detected in the blood for only 4 hours, though, and in urine for 10-12 hours.

## Rohypnol

- Rohypnol is generally smuggled into the country through the popular Spring Break locations, like Florida and Mexico.
- Rohypnol is usually in the form of a small white tablet that looks a lot like aspirin. The tablets are scored on one side with the word "ROCHE" and an encircled 1 or 2 on the other side. They're sold in pre-sealed bubble packs, but are not legal. As of 2008, the producers of Rohypnol had recently changed the chemistry of the pill so that it changes the color of clear drinks to bright blue and makes dark drinks go cloudy, but it will take a while for these new pills to hit the streets.
- Rohypnol is usually added to a drink, either alcoholic or non-alcoholic, either as a tablet or crushed up. It dissolves quickly, and once it has, it can't be seen,

smelled, or tasted. Once ingested, the effects can be felt within as little as 10 minutes.

- Rohypnol is also commonly known by several other names, including Rophies, Roofies, R2, Roche, Roachies, La Rochas, Rope, Rib, Circles, Mexican Valium, Lunch Money (because of their low street price), Pappas or Potatoes (describing the mental capacity of someone under the influence of the drug), the Forget Pill, Roopies, Poor Man's Quaalude, Whiteys, Trip-and-Fall, Mind Erasers, and others.
- Effects of Rohypnol:
  - ~ May feel and act drunk and confused
  - ~ Loss of inhibition
  - ~ Extreme sleepiness
  - ~ Relaxation
  - ~ Amnesia
  - ~ Impaired motor skills and judgment
  - ~ Dizziness
  - ~ Inability to speak clearly
  - ~ Partial paralysis of limbs
  - ~ Nausea
  - ~ Eventually causes unconsciousness, although victim may awaken intermittently
  - ~ Extremely low blood pressure
  - ~ Respiration depression and difficulty breathing
  - ~ Coma or death, especially when combined with alcohol or other drugs
- Duration: Effects peak within 2 hours, and may last as long as 8-10 hours. When combined with alcohol, blackout can last 24 hours. Rohypnol can be detected in blood for 4 hours, but longer in urine.

## Ketamine

- Ketamine is an animal tranquilizer, but it is never sent home with pet owners by veterinarians. It's a dissociative general anesthetic that has stimulant, hallucinogenic, and hypnotic properties.
- Ketamine usually comes in liquid form, but can also be dried and ground to a powder before being added to a drink. It's very fast-acting.
- Street names for Ketamine include K, K-Hole, Special K, Vitamin K, Ket, Purple, Psychedelic Heroin, Kit Kat, Jet, Bump, Black Hole.
- Effects of Ketamine:

- ~ Amnesia
- ~ Loss of pain
- ~ Profound hallucinations that include visual distortions and a lost sense of time, sense and identity
- ~ Inability to coordinate voluntary body movements
- ~ Dizziness
- ~ Disorientation
- ~ Confusion
- ~ Anxiety
- ~ High blood pressure
- ~ Vomiting, when mixed with alcohol
- ~ Visual disturbances and frightening flashbacks can recur for days or weeks
- ~ Can cause potentially fatal respiratory failure, cardiac arrest, brain damage, and death
- Duration: Although the duration of Ketamine seems relatively short at 30-60 minutes, judgment, coordination, and senses may be affected for 18-24 hours.

### **TAKE CARE AND STAY SAFE!**

- Watch out for your friends, and have someone watching out for you! If someone seems very intoxicated, gets sick after drinking something, or is having difficulty breathing, get them to the hospital ASAP or call 911 for emergency assistance.
- Don't accept drinks of any sort that you did not open yourself. Don't share or exchange drinks with anyone, drink from a punch bowl, or drink from any container that is being passed around. If possible, bring your own drinks to parties and get-togethers.
- Don't put your drink down and leave it unattended for any reason, even to dance, go to the restroom, make a phone call, or talk. You need to have your drink in your sight at all times. Remember, something can be put into a drink very quickly, even in the time it takes you to glance away for just a second. If you realize your drink has been left unattended, discard it.
- It's hard to stay safe on your own. Especially where date rape drugs are concerned, friends watching out for friends really is the best way to stay safe. Have a pact with your friends that you'll look out for each other and seek emergency assistance if one of you is acting more intoxicated than you

should based on what you've had to drink, or if you're acting in any way strange. It really is better to be safe than sorry!