



# "I THINK SOMEONE PUT SOMETHING IN MY DRINK" INFORMATION SHEET [WWW.WM.EDU/THEHAVEN](http://WWW.WM.EDU/THEHAVEN)

## BE AWARE OF THE SYMPTOMS

- Nausea
- Loss of bowel or bladder control
- Difficulty breathing
- Feeling drunk when you have not consumed any alcohol or consumed limited amounts
- Sudden increase in dizziness, disorientation, or blurred vision
- Sudden body temperature change that could be signaled by sweating or chattering teeth
- Waking up with no memory or missing substantial portions of memories

If you notice any of these warning signs in yourself or someone else, immediately reach out to someone you trust and take steps to keep the person safe.

## MOST SUBSTANCES LEAVE YOUR BODY QUICKLY

- **GHB (Gamma Hydroxybutyric Acid):** leaves the body within 10-12 hours
- **GBL (Gamma-Butyrolactone):** leaves the body within 6 (urinary) to 24 (bloodstream) hours
- **Ketamine:** leaves the body within 10-12 hours
- **Rohypnol:** leaves the body within 36-72 hours
- **Alcohol:**
  - Leave the bloodstream in 6 hours
  - Leaves breath within 12-24 hours
  - Leaves the urinary system within 12-24 hours

## TIMEFRAME FOR COLLECTING SAMPLES AT THE HOSPITAL

- If it's been less than 24 hours since the incident the hospital will collect urine and blood samples from the patient
- If it's been greater than 24 hours and less than 5 days since the incident the hospital will collect a urine sample only from the patient
- If it's been greater than 5 days since the incident no sample will be collected because the drugs are no longer detectable

## WHAT TYPE OF DRUG TESTING SHOULD I GET?

The hospital's routine drug test (urine screening) will **NOT** detect common drugs used to unknowingly incapacitate someone. You must get a more robust drug test called a "Tox Screen." To get a Tox Screen you must report to law enforcement that you believe you were unknowingly drugged. Since this is a crime, law enforcement can request the Tox Screen to be conducted. You are not required to participate with the police after you report.

### Urine Drug Screen

- Urine collection only
- Limited in that it only shows standard opiates, benzodiazepines, cocaine, cannabis, etc.

### Toxicology Test (Tox Screen)

- Blood and urine will be collected
- Samples are provided to law enforcement and brought to the Dept. of Forensic Science for testing and results
- Can detect over 50 possible drugs

Please reach out to The Haven for support & information about options. Go to Riverside Doctors Hospital as soon as possible if you think you have been drugged and ask for a forensic nurse. You may also report to local police.