What is DIMS?
The Drugs Information and Monitoring System is a national network of testing facilities that aims at gaining an insight into the market of controlled substances. DIMS office Embedded in Trimbos-instituut

Activities: DIMS examines the content of drugs, its associated health-related risks, and analyses trends.

Method: DIMS monitors the market in controlled drugs by offering consumers the possibility to have their drugs tested.

Application: The data collected are being used for education, prevention and policy interventions.

Education: The testing facilities serve a major educational purpose and provide information on effects and risks of drugs.

Warnings: DIMS occasionally warns on a national, regional or local level, or e.g. via social media for drugs involving extra risks.

How does it work?
DIMS affiliated organizations hold weekly consulting hours.

Here, users are able to hand in drugs for analysis, anonymously and discretely.

If the sample can be determined, the composition is passed on directly.

If not, the sample is sent to the laboratory for further analysis.

A week later, the drugs have been analysed and the results are communicated.

Warnings and Red Alerts in 2015

Several times a year a test result gives rise to warn users. In 2015, several warnings were issued for ecstasy pills containing high amounts of PMMA.

In August, a warning was issued for webshops marketing 4-fluoroamphetamine powders (4-FA/4-FMP), containing the much more dangerous substance alpha-PVP.

Jan
Continuing warning through mass media
Pill containing 173 mg PMMA.

Feb
Continuing regional warning campaign
Amsterdam
White heroin being sold as cocaine.

Mar
Regional campaign
Pill containing PMMA in Noord-Limburg.

Apr
Warning
Webshops selling powder as 4-FA, but containing the much more dangerous alpha-PVP.

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Nationwide warning / Red Alert
Ecstasy pills containing high doses of MDMA in a wide range.
Most of the samples handed in involve ecstasy pills or MDMA powders, in 2015 60% of the total.

Effects
- Sense of intimacy
- Increased energy

Risks
- Overheating
- Exhaustion
- Brain damage

Cutting agents
- Caffeine
- Amphetamine
- mCPP

57% of the samples handed in at DIMS contain over 140 mgs of MDMA, the strongest pill in 2015 contained 293 mgs MDMA.

The total amount of samples supplied to DIMS has risen since the year 2009.

Average price per gram MDMA-powder: € 20
Average price per ecstasy pill: € 4

The number of ecstasy and MDMA samples supplied to DIMS more than doubled since 2005.
In terms of number of submitted samples, cocaine is in second place.

- Average price per gram of cocaine: € 50
- Effects: Increased energy, Confident feeling
- Cutting agents: Levamisole, Caffeine, Phenacetine

Risks:
- Often cut with medicines
- Paranoia
- Damage
  - smoking: lungs
  - injecting: abscess
  - snorting: nasal mucosa
- Dependency
- Exhaustion
- Cardiovascular problems

The average percentage of cocaine in cocaine samples varies throughout the years. In 2015, a cocaine powder contained on average 64% of cocaine.

Cocaine in 2015

Cutting agents
- Levamisole
- Caffeine
- Phenacetine

Effects
- Increased energy
- Confident feeling

Risks levamisole
- With high dose and regular use: impairment of the immune system
- Fever and flu-like symptoms, skin eruptions
- Nausea, diarrhea, vomiting
- Headache, confusion, dizziness

Cutting agents
- Levamisole
- Caffeine

Speed in 2015

Nine percent of all samples is speed.

- Average price per gram of speed: € 6
- Effects
  - Increased energy
  - Delays fatigue
  - Inhibits appetite

Risks
- Overheating
- Exhaustion
- Brain damage
- Paranoia

The average percentage of amphetamine in speed varies from year to year. In 2015, this average was 46%.
**4-FA (4-fluoroamphetamine) in 2015**

4-FA (also known as 4-fluoroamphetamine of 4-FMP) was submitted to DIMS for the first time in 2007. Of all NPS, at present 4-FA is handed in at DIMS most often.

- **Effects of 4-FA**
  - Increased energy
  - Euphoria
  - Talkative
  - Delays fatigue

- **Risks**
  - Exhaustion
  - Nausea, vomiting
  - Headache, confusion, dizziness
  - Palpitations

4-FA is commonly handed in as a powder, but sometimes also as a pill or capsule and seldom as fluid. (In italic, average purity or dosage, and price per pill/capsule/powder)

- € 8.70
- 126 capsules 73%
- 369 powders 74%

Since 2007, the number of 4-FA samples handed in at DIMS has sharply increased. In 2015, more 4-FA samples were submitted at DIMS than in all other years combined.

**Ketamine in 2015**

The number of ketamine samples grows fast, over the last 3 years a tripling of samples was found.

- **Risks**
  - Bad trip
  - Nausea, vomiting
  - Respiratory disorders
  - Muscle stiffening or paralysis

- **Effects**
  - Mind altering
  - Out-of-body experience

- **Purity** 77% in 2015

Ketamine samples often contain other substances.

- 58% ketamine
- 21% other
- 5% deschloro-ketamine
- 6% methoxetamine
- 10% lidocaine

The number of ketamine samples handed in grows fast.

**In italic, average purity or dosage, and price per pill/capsule/powder**

- € 14
- 210 pills 138 mg

- € 8.70
- 3 fluids

**NPS in 2015**

At DIMS more often New Psychoactive Substances (also called 'research chemicals') are handed in. This mainly involves 4-FA, whereas other NPS are much less frequently submitted for analysis.
LSD in 2015

Two percent of the submitted samples consists of LSD. In more than a quarter of the submitted LSD samples, substances other than LSD were detected.

![Bar chart showing the number of submitted LSD samples from 2011 to 2015]

- **Average price per blotter:** € 5
- **Risks:** Bad trip, Nausea, Flash backs
- **In 2015, in 73% of samples sold as LSD, this substance was actually detected.**
- **Average dosage:** 74 µg in 2015

2C-B in 2015

2C-B (4-bromo-2,5-dimethoxyphenethylamine) is commonly handed in as a pill but sometimes as a powder as well. The effects strongly depend on the dosis taken. 95% of the pills handed in as 2C-B contained 2C-B.

- **Average price per pill:** € 4
- **Risks:** Bad trip, Effects stronger than expected/overdose
- **Effects:** Hallucinogenic
- **Average dosage pills:** 11 mg in 2015

![Bar chart showing the number of submitted 2C-B samples from 2011 to 2015]

- **The number of delivered LSD samples more than quadrupled since 2005.**
- **In 2015, in 73% of samples sold as LSD, this substance was actually detected.**
- **73% LSD**
- **7% Nothing**
- **9% DOC**
- **11% NBOMe**
- **Average dosage pills:** 11 mg in 2015
- **Average price per pill:** € 4
- **Risks:** Bad trip, Effects stronger than expected/overdose
- **Effects:** Hallucinogenic
- **Average dosage:** 74 µg in 2015

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