

Annual Report 2022

Drugs Information and Monitoring System (DIMS)

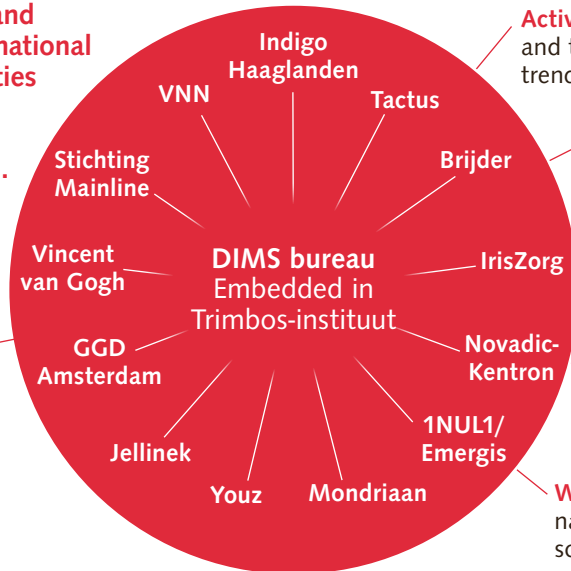
Trimbos
instituut

Netherlands Institute of
Mental Health and Addiction

What is DIMS?

The Drugs Information and Monitoring System is a national network of testing facilities that aims at gaining insights into the market of controlled substances.

Commissioned by the Ministry of Health (VWS) and local authorities



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

Method: DIMS monitors the markets of scheduled substances by offering consumers the possibility to have their drugs tested.

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

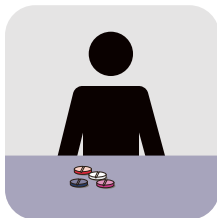
Education: The testing facilities serve a major educational purpose and provide information on effects and risks of drugs.

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

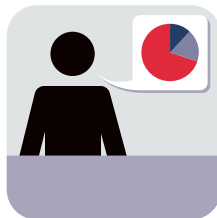
How does it work?



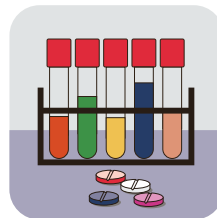
DIMS affiliated organizations have weekly consulting hours.



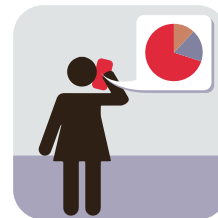
Here, users can anonymously and discreetly submit drug samples for analysis.



If the sample composition can be determined on the spot, the result 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.



Sometimes the result is so disturbing, that a warning or Red Alert is issued.

Highlights 2022

Highest number of visitors recorded

In 2022, DIMS had 18,377 visitors in total. This is the highest number ever. Together, they submitted 17,929 drug samples.

Number of submitted 3-MMC samples more than doubled

Almost three times as many 3-MMC samples were submitted in 2022 compared to 2021. Over the course of the year, however, 3-MMC was less often found in these submitted samples.

Amount of MDMA in ecstasypills slightly decreased

The average amount of MDMA in an ecstasypill is still high with an average of 136 mg in 2022. In 2021, the amount of MDMA was slightly higher with an average of 148 mg.

Cocaine is more potent and less adulterated

In 2022, a cocaine sample contained on average 74% cocaine. 64% of the submitted cocaine samples contained no adulteration. Hereby, cocaine has again become more potent and pure in 2022 than last year.

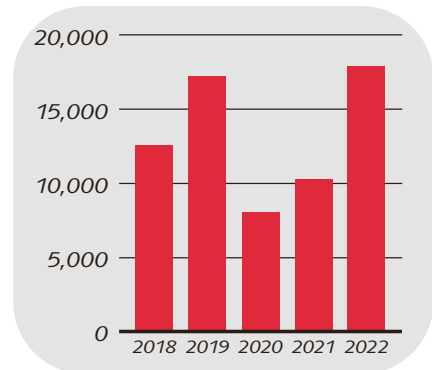
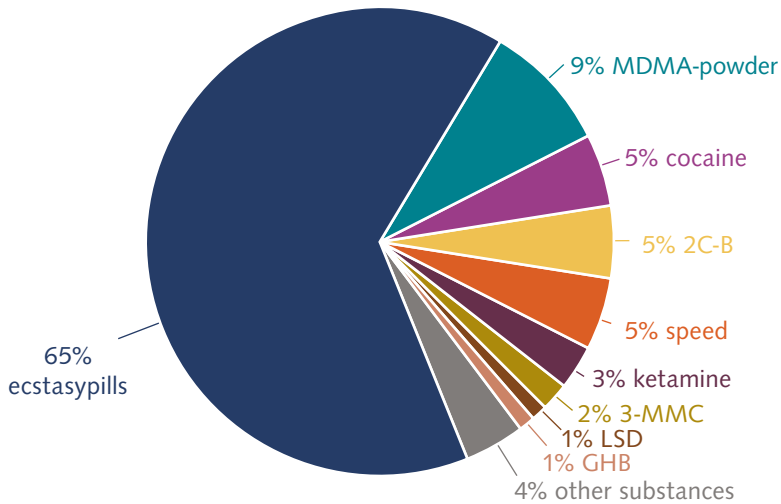
Warning for liquid MDMA in June 2022

In June 2022, DIMS issued a warning about pure liquid MDMA. Ingesting just a few drops was already life-threatening.



Submitted samples in 2022

In 2022, 18,377 visitors submitted a total of 17,929 drug samples at DIMS. Almost two-thirds of these samples were ecstasy pills.



Number of samples submitted as of 2018.

Ecstasy pills in 2022

65% of all samples submitted were sold as ecstasy pills in 2022.

Risks

- Hyperthermia
- Exhaustion
- Brain damage

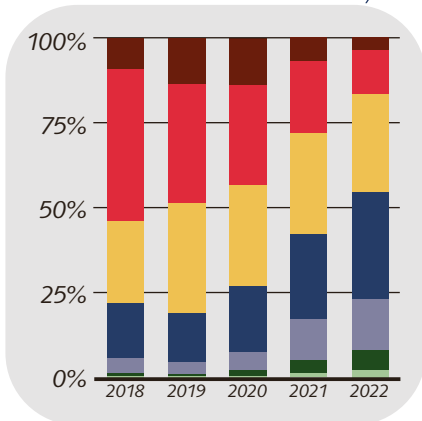
Adulteration

- Caffeine
- Amphetamine
- 4-CMC
- PMMA (in the past)

Effects

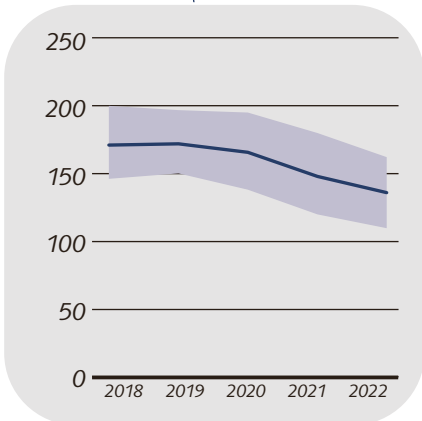
- Sense of intimacy
- Increase denenergy
- Euphoria

Average price per pill: €4.40
 Half of all ecstasy pills cost between 4 and 5 euro.



Legend for MDMA content (mg):
 1-35 (light green), 36-70 (dark green), 71-105 (light blue), 106-140 (dark blue), 141-175 (yellow), 176-210 (red), > 210 (brown)

There can be large differences in the MDMA content of ecstasy pills.



On average, a pill contains 136 mg MDMA (—). Half of the pills contain between 110 and 162 mg MDMA (■), a quarter less, and a quarter more than that.

Cocaine in 2022

5.0% of all samples submitted were sold as cocaine in 2022.

Average price per gram: € 51.50.
Half of the submitted cocaine samples cost between 50 and 60 euro.



Risks

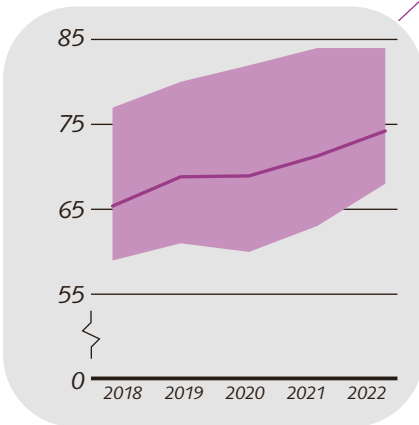
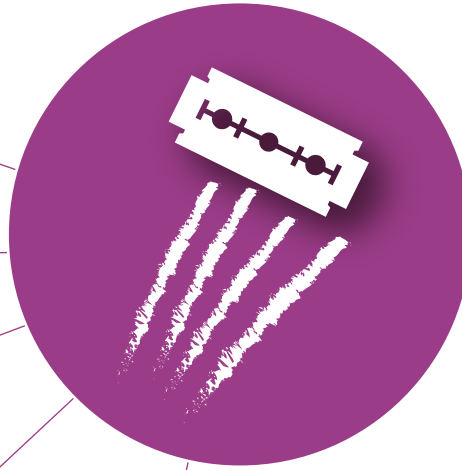
- Dependency
- Cardiovascular problems
- Damage to nasal mucosa
- Paranoia

Adulteration

- Levamisole
- Phenacetine
- Caffeine

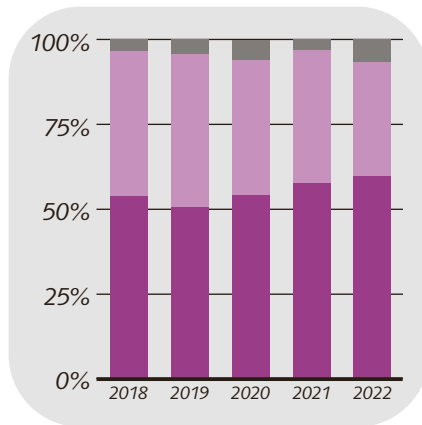
Effects

- Increased energy
- Confident feeling



— Average cocaine content (%)
■ Cocaine content covering half of the cocaine powders (%)

The average cocaine content of 74,3% in 2022, is higher than ever.



■ Only cocaine ■ Cocaine + adulteration ■ No cocaine

36% of the submitted cocaine samples contained an adulterant in 2022. In most cases the adulterant was levamisole.

Speed in 2022

4.9% of all samples submitted were sold as speed in 2022.

Effects

- Increased energy
- Delayed fatigue
- Appetite inhibition

Adulteration

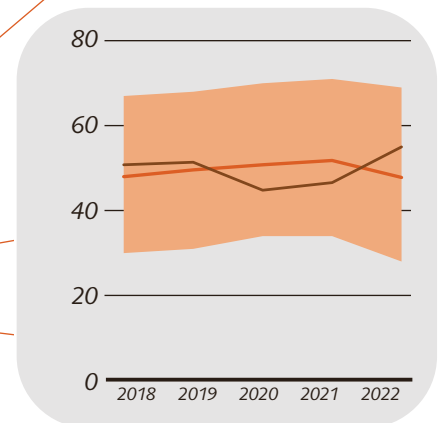
- Caffeine

Risks

- Hyperthermia
- Exhaustion
- Brain damage
- Paranoia
- Dependency



Average price per gram: € 8.50.
Half of all speed powders cost between 5 and 10 euro.



— Average amphetamine content (%)
— Average caffeine content (%)
■ Amphetamine content covering half of the speed powders (%)

In 2022, caffeine was the most frequent adulterant found in submitted speed powders.

2C-B in 2022

5.2% of all samples submitted were sold as 2C-B in 2022.

Average price per pill: € 4.50.
Half of all 2C-B pills cost between 4 and 5 euro.



Risks

- Bad trip
- Effects stronger than expected.

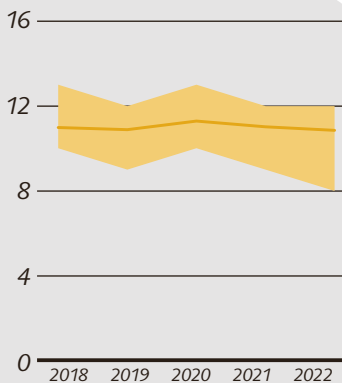


Adulteration

- Caffeine

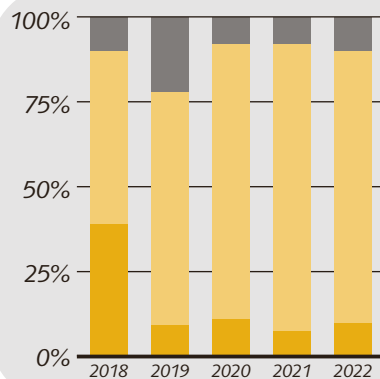
Effects

- At low dose: Euphoria, increased energy
- At high dose: Hallucinogenic



- Average 2C-B content (mg)
- 2C-B content covering half of all the 2C-B pills (mg)

As in previous years, the average content of 2C-B pills is 11 milligram.



- Only 2C-B
- 2C-B + adulteration
- No 2C-B

A high percentage (80%) of submitted 2C-B samples in 2022, contain next to 2C-B one or more so far unknown substances.

Ketamine in 2022

2.7% of all samples submitted were sold as ketamine in 2022.

Effects

- Mind altering
- Out-of-body experience

Average price per gram: € 25.00.
Half of all ketamine samples cost between 20 and 30 euro.

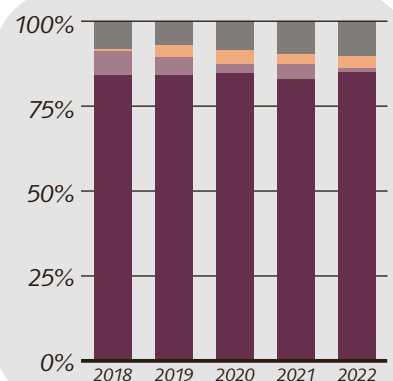


Adulteration

- Levamisole
- Caffeine

Risks

- Bad trip (k-hole)
- Loss of coordination
- Muscle stiffening or paralysis
- Urinary tract problems



- Only ketamine
- Ketamine + levamisole (and/or levamisole)
- Ketamine + adulteration
- No ketamine

Ketamine samples are fairly pure (79% average), but sometimes contain high contents of levamisole (45% average).

LSD in 2022

1.3% of all samples submitted were sold as LSD in 2022.

Average price per blotter:
€ 6.40.
Half of all blotters cost
between 4 and 9 euro.

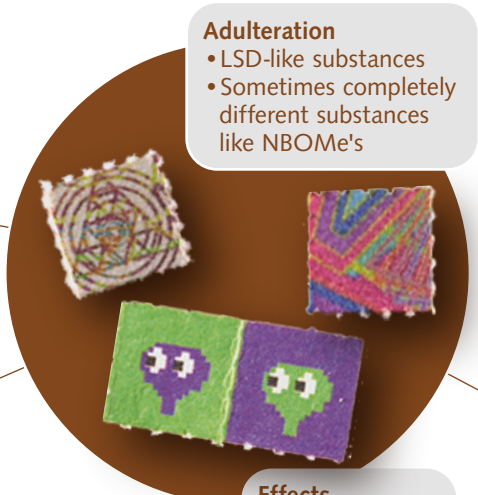


Risks

- Bad trip
- Nausea
- Flash backs

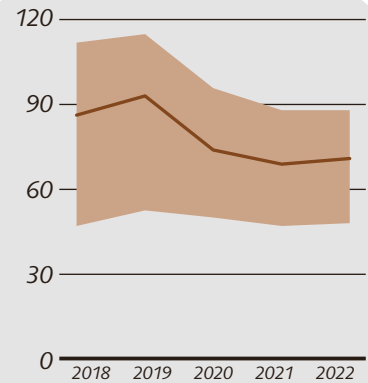
Adulteration

- LSD-like substances
- Sometimes completely different substances like NBOMe's



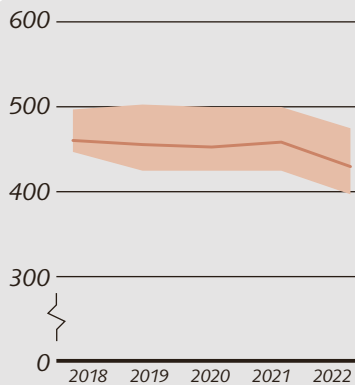
Effects

- Hallucinogenic



— Average LSD content (µg)
■ LSD content covering half of all the LSD blotters (µg)

The average LSD content per blotter is 71 µg in 2022.



— Average GHB content (mg/ml)
■ GH content covering half of the GHB liquid (mg/ml)

The average GHB content is fairly stable; a sample contained 430 mg/ml GHB on average in 2022.

GHB in 2022

1.0% of all samples submitted were sold as GHB in 2022.

Effects

- Euphoria
- Relaxation
- Loss of control
- Aphrodisiac



Adulteration

- GBL

GHB containing mixtures

- Blue69
- Hulk

Risks

- Unconsciousness
- Very dangerous in combination with alcohol
- Difficult to dose
- Burns mouth/ esophagus
- Dependency



3-MMC in 2022

1.9% of all samples submitted were sold as 3-MMC in 2022.

Risks

- Strong tendency to re-dose
- Anxiety/paranoia
- Cardiovascular problems

Adulteration

- 3-CMC
- 2-MMC

Average price per gram:

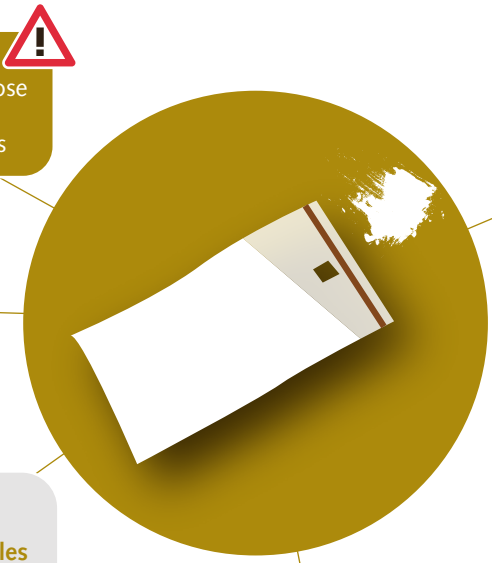
€ 20.50.

Half of all 3-MMC samples cost between 15 and 25 euro.

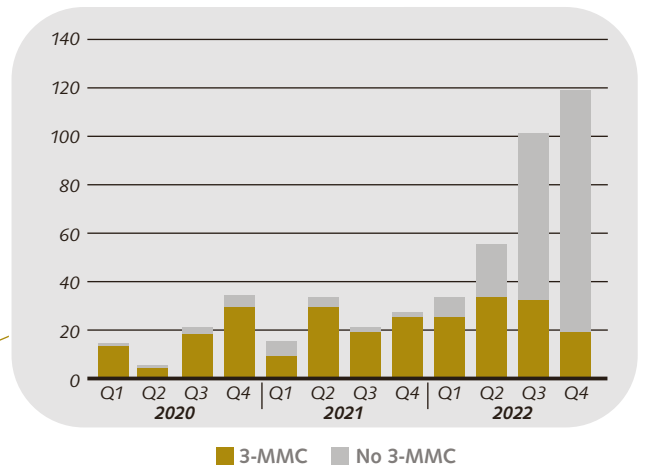


Effects

- Stimulating
- Euphoria
- Increased energy



Presence of 3-MMC in samples sold as 3-MMC

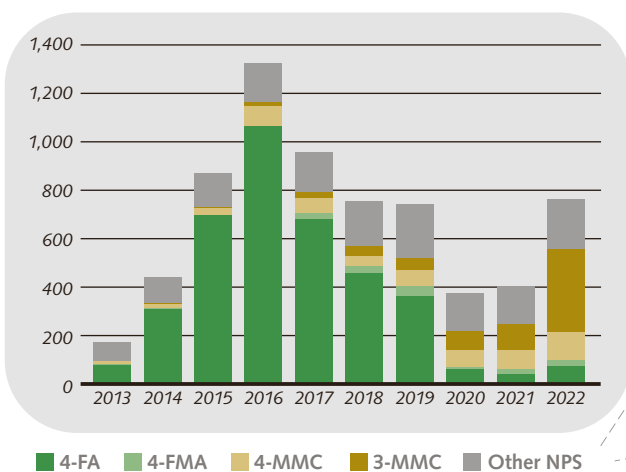


As of the second quarter of 2022, an increase was seen in number of submitted samples sold as 3-MMC. An increasing number of these samples submitted, did not contain 3-MMC, but various adulterations including 3-CMC and 2-MMC.

NPS in 2022

New Psychoactive Substances (NPS) termed legal variations of popular illegal drugs. Other names commonly used are "designer drugs" and "research chemicals". In reality, different definitions are used. DIMS uses the definition of NPS as formulated by UNODC and EMCDDA as a starting point. According to the UNDOC and the EMCDDA, the term NPS includes all psychoactive substances not covered by the regime of any of the UN conventions. These are conventions that cover all classic drugs. Relatively new substances, or substances that appear on the market (again) as recreational substances after absence, may be added after a risk assessment if the substance in question is found to be harmful to public health.

Number of NPS submitted to DIMS



- 5-MAPB
- 2-FDCK
- 5-MeO-DMT
- 2C-B-Fly
- 6-APB (Benzofury)
- 3-CMC
- 1P-LSD
- Etizolam
- 4-FMPH
- 4-HO-MET

10 most common other NPS in 2022