

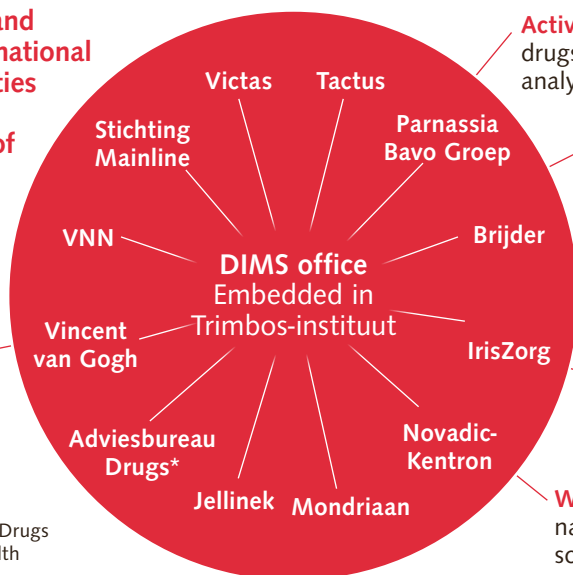
Annual Report 2015

Drugs Information and Monitoring System (DIMS)

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.

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



* As of January 2016, Adviesbureau Drugs is replaced by the Municipal Health Service of Amsterdam

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.

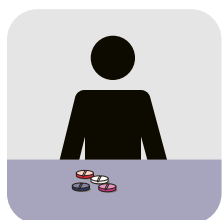
Education: The testing facilities serve a major educational purpose and provide information on effects and risks of drugs.

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

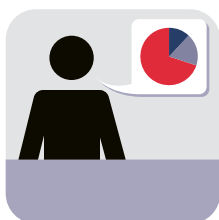
How does it work?



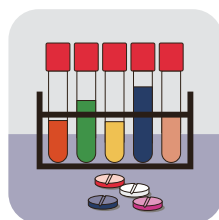
DIMS affiliated organizations hold weekly consulting hours.



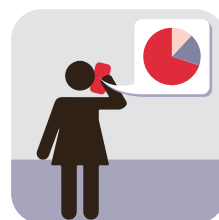
Here, users are able to hand in drugs for analysis, anonymously and discretely.



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.

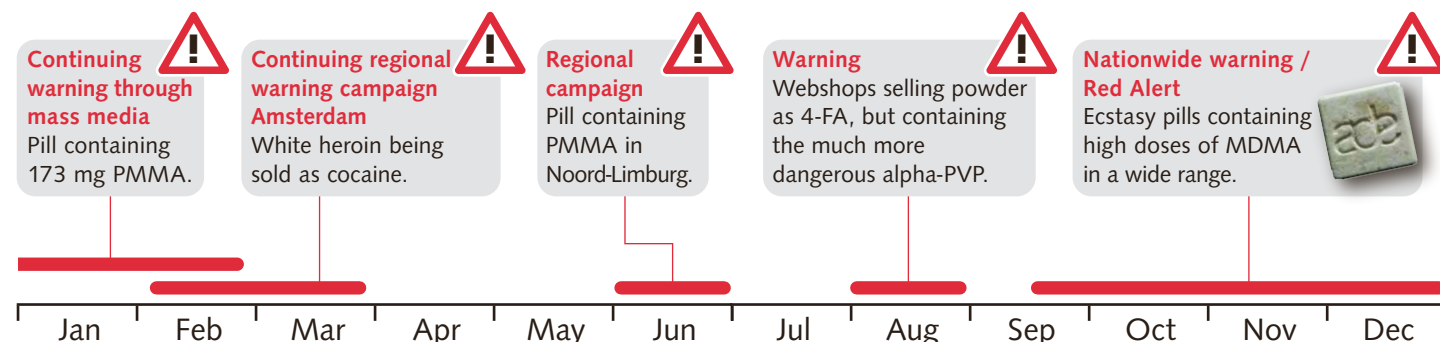


Sometimes the result is so disturbing, that a warning or Red Alert is issued.

Warnings and Red Alerts in 2015

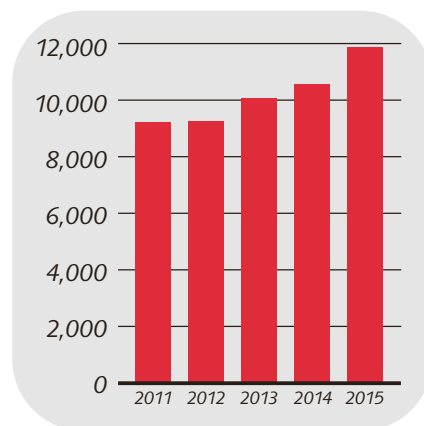
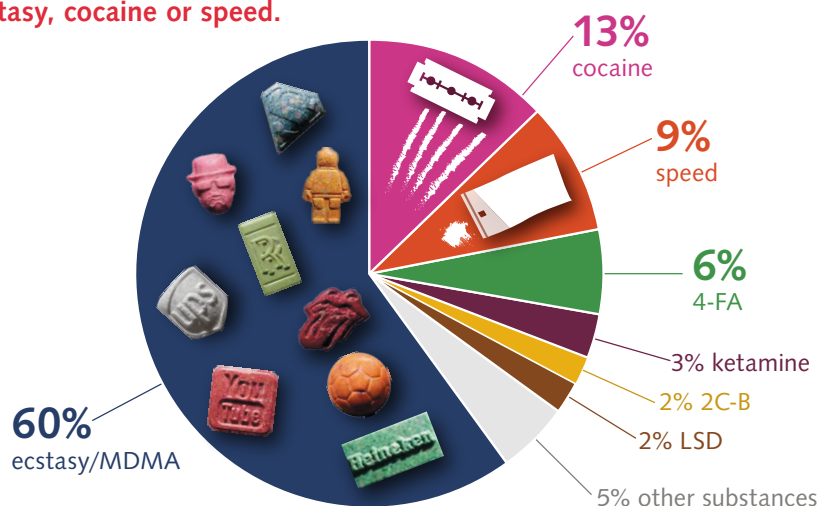
Several times a year a test result gives rise to warn users. In 2015, several warnings were issued for ecstasy pills containing high amounts of PMMA.

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



Samples supplied to DIMS in 2015

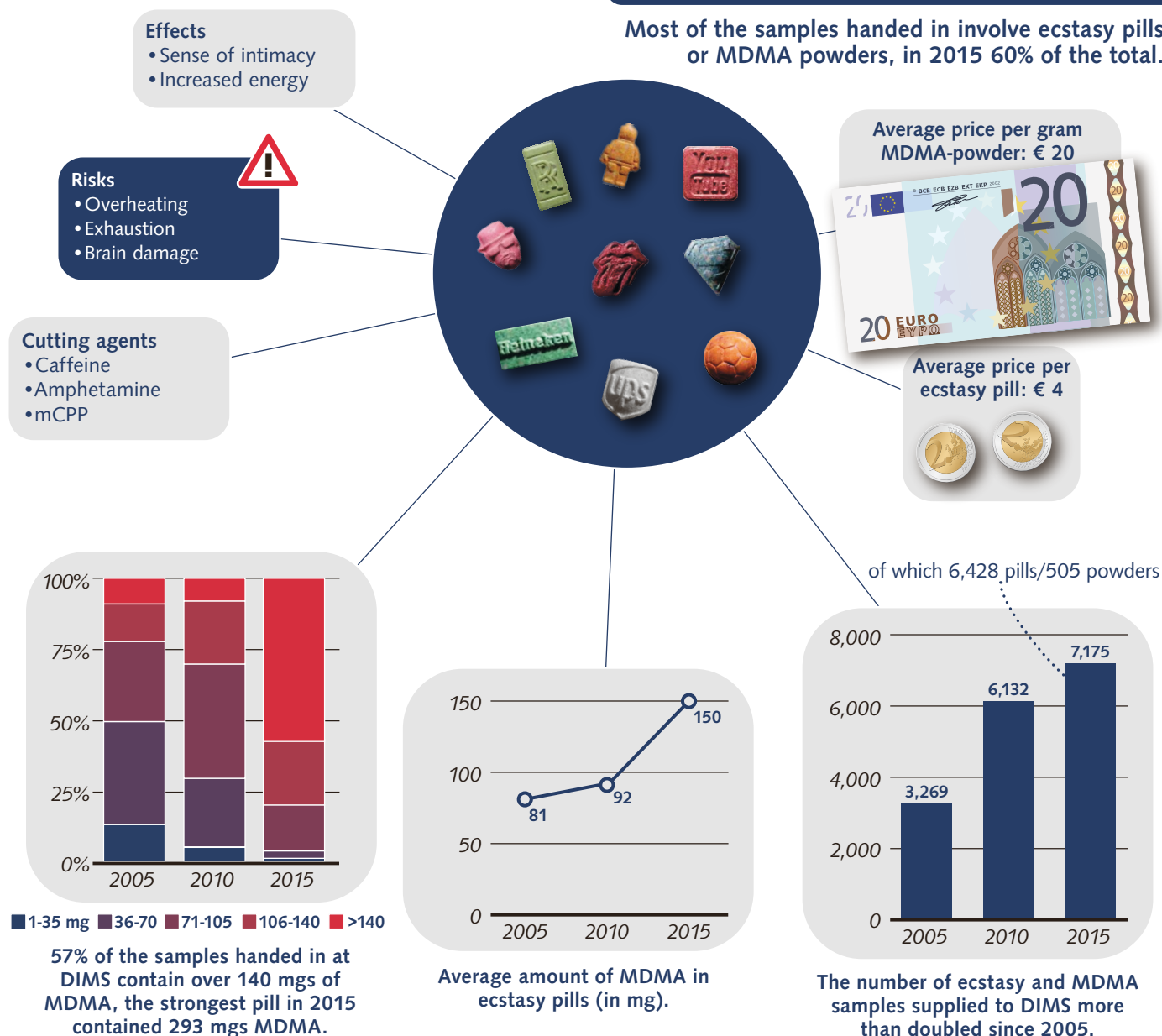
In 2015 over 14,000 visitors handed in almost 12,000 samples for analysis. This mainly involves ecstasy, cocaine or speed.



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

Ecstasy/MDMA in 2015

Most of the samples handed in involve ecstasy pills or MDMA powders, in 2015 60% of the total.



Cocaine in 2015

In terms of number of submitted samples, cocaine is in second place.

Risks

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

Cutting agents

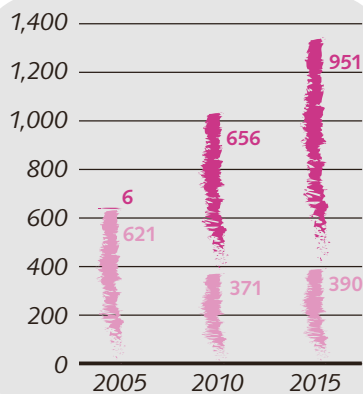
- Levamisole
- Caffeine
- Phenacetine

Average price per gram of cocaine: € 50



Effects

- Increased energy
- Confident feeling

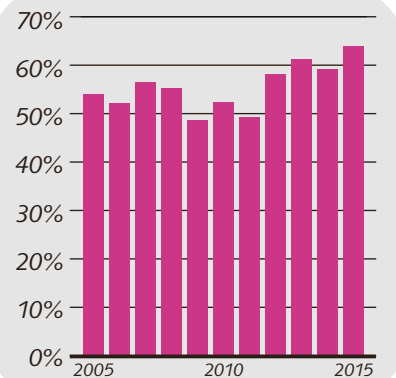


■ without levamisole ■ with levamisole

Cocaine is often cut with levamisole, an anthelmintic for animals.

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



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

Speed in 2015

Nine percent of all samples is speed.

Average price per gram of speed: € 6

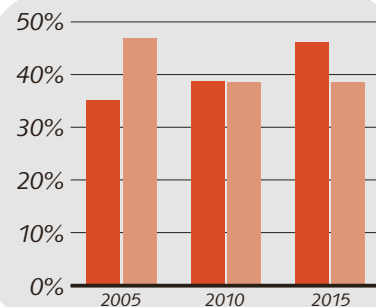


Effects

- Increased energy
- Delays fatigueness
- Inhibits appetite

Risks

- Overheating
- Exhaustion
- Brain damage
- Paranoia



■ amphetamine ■ caffeine

The average percentage of amphetamine in speed varies from year to year. In 2015, this average was 46%.

Cutting agent
• Caffeine

4-FA (4-fluoroamphetamine) in 2015

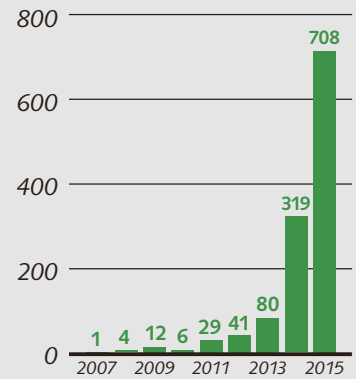
4-FA (also known as 4-fluoroamphetamine or 4-FMP) was submitted to DIMS for the first time in 2007. Of all NPS, at present 4-FA is handed in at DIMS most often.

Effects of 4-FA

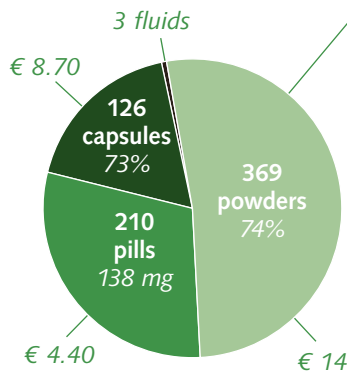
- Increased energy
- Euphoria
- Talkative
- Delays fatigue

Risks

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



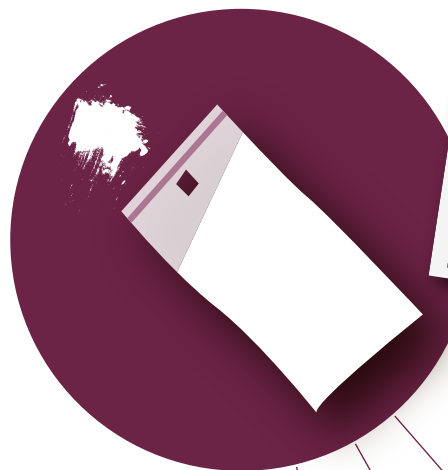
Since 2007, the number of 4-FA samples handed in at DIMS has sharply increased. In 2015, more 4-FA samples were submitted at DIMS than in all other years combined.



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)

Ketamine in 2015

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



Average price per gram powder: € 25



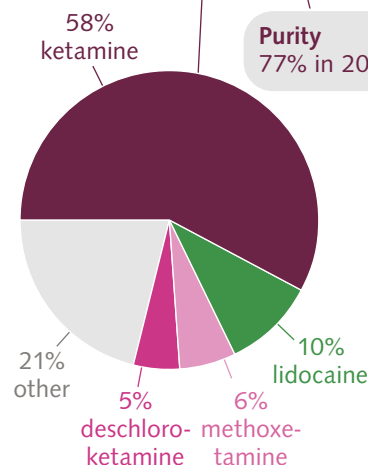
Risks

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

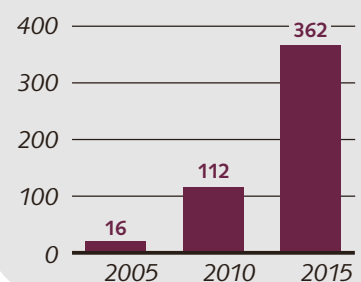
Effects

- Mind altering
- Out-of-body experience

Purity
77% in 2015

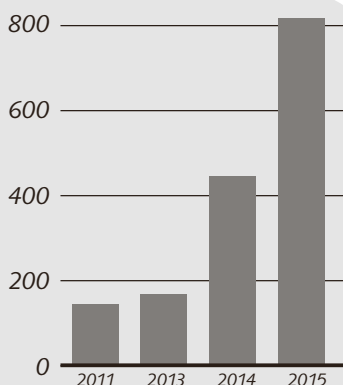


Ketamine samples often contain other substances.



The number of ketamine samples handed in grows fast.

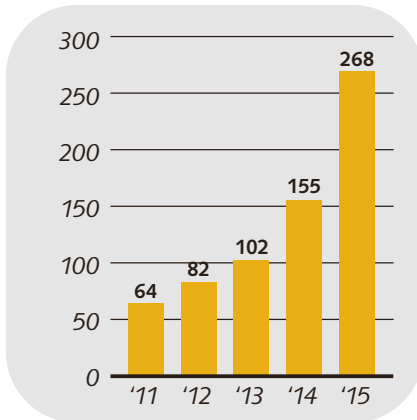
NPS in 2015



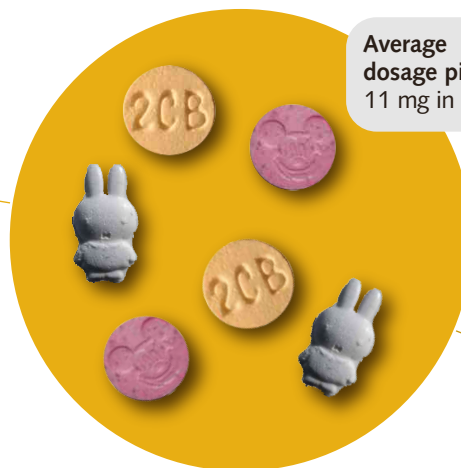
At DIMS more often New Psychoactive Substances (also called 'research chemicals') are handed in. This mainly involves 4-FA, whereas other NPS are much less frequently submitted for analysis.

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 dose taken. 95% of the pills handed in as 2C-B contained 2C-B.



The number of submitted samples of 2C-B has exhibited an upward trend since 2011.



Average dosage pills
11 mg in 2015

Average price per pill: € 4



Risks

- Bad trip
- Effects stronger than expected/overdose

Effects

- At low dose: euphoria, increased energy
- At high dose: hallucinogenic

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.

Average price per blotter: € 5

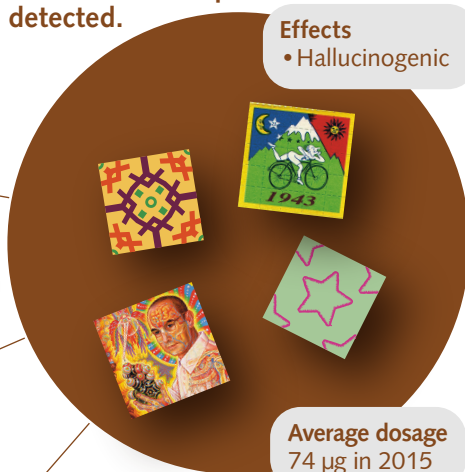


Risks

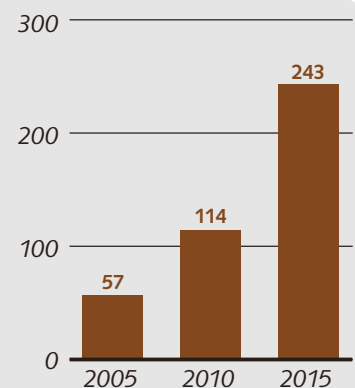
- Bad trip
- Nausea
- Flash backs

Effects

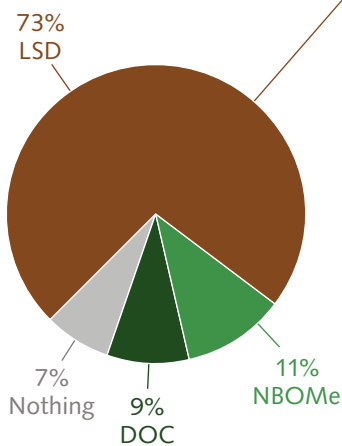
- Hallucinogenic



Average dosage
74 µg in 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.

Product number: INF012
Text: Daan van der Gouwe and Sander Rigter
Infographic: Rikkers Infographics

© 2016, Trimbos-instituut, Utrecht

All rights reserved. No part of this publication may be reproduced and / or published in any form or by any means without prior permission from the Trimbos Institute.

More information:
www.drugs-test.nl
dims@trimbos.nl

