**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*

**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.

**Continuing warning through mass media**
- Pill containing 173 mg PMMA.

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

**Regional campaign**
- Pill containing PMMA in Noord-Limburg.

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

**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

- **Average amount of MDMA in ecstasy pills (in mg).**
  - 2005: 81
  - 2010: 92
  - 2015: 150

- **The number of ecstasy and MDMA samples supplied to DIMS more than doubled since 2005.**
  - 2005: 3,269
  - 2010: 6,132
  - 2015: 7,175

In 2015 over 14,000 visitors handed in almost 12,000 samples for analysis. This mainly involves ecstasy, cocaine or speed.
In terms of number of submitted samples, cocaine is in second place.

Average price per gram of cocaine: € 50

Effects
- Increased energy
- Confident feeling

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

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

Cutting agent
- Caffeine
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

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.

4-FA (4-fluoroamphetamine) in 2015

**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

**Average price per gram**
- Powder: € 25

Ketamine samples often contain other substances.

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

**Purity**
- 77% in 2015

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.

The number of ketamine samples handed in grows fast.
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.

- **Effects**
  - Hallucinogenic

- **Average dosage**
  - 74 µg in 2015

- **Average price per blotter:** € 5

- **Risks**
  - Bad trip
  - Nausea
  - Flashbacks

- **The number of delivered LSD samples more than quadrupled since 2005.**

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.

- **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

- **Average dosage pills**
  - 11 mg in 2015

- **Average price per pill:** € 4

- **Effects**
  - Hallucinogenic

- **Risks**
  - Bad trip
  - Nausea
  - Flashbacks

- **Average price per pill:** € 4

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

**In 2015, in 73% of samples sold as LSD, this substance was actually detected.**

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