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Dosing Guidelines

A GUIDE TO SAFE AND EFFECTIVE MEDICATING

LEARN THE EFFECTS OF THC VS CBD

Effects of THC

- Psychoactive - “high”
- Sedating/relaxing
- Reduces pain
- Relaxes muscle spasms
- Stops nausea/vomiting
- Stimulates appetite
- Induces sleep
- Reduces anxiety and depression
- Anti-tumor effects

Effects of CBD

- NOT psychoactive - no “high”
- Alerting in low doses and sedating in high doses
- Reduces pain
- Relaxes muscle spasms
- Potent anti-inflammatory
- Stops nausea/vomiting
- Reduces anxiety and depression
- Stops psychotic thoughts
- Anti-oxidant
- Anti-convulsant
- Neuro-protectant
- Anti-tumor effects

DOSING GUIDELINES

1. First decide how you want to take your cannabis medicine. Options include vaporizing, ingestion, topical, and sublingual methods. Each of these has advantages and disadvantages so you may need to try different methods to find what will work for your condition.
2. Decide if you want THC-rich medicine, CBD-rich medicine or a combination of the two types of cannabinoids. If you are not sure you can ask your physician or the dispensary staff. When cannabis medicine contains both, the products are labeled with a ratio of CBD:THC (for instance 20:1 means the product contains 20 parts CBD to 1 part THC).
3. Start with a low dose, especially if you are new or inexperienced with using cannabis medicine. After taking a small amount, wait at least one hour for the effects. Take another small dose if you did not get the desired effect. This is called “titrating up” the dose. This method will help you find the dose that will work for you and will minimize the risk of taking too much.
4. If you are not finding benefits, you may need to adjust the dose, ratio or method of use.
5. Once you figure out the dose that is effective for your symptoms, use this dose for a few days to see how you feel. After a few days, adjust up or down on the dose in small increments or try a different product if you are not satisfied with your results.
6. Take note of any side effects so you can discuss them with your doctor.






UNDERSTANDING CBD:THC RATIOS

- All cannabis plants contain both CBD and THC. Most plants are higher in THC, some are higher in CBD and some have a combination of both.
- It is well-known that a combination of both compounds is helpful for many conditions. These products should be labeled with “CBD:THC Ratio” or you can figure out the ratio by dividing the amount of CBD by the amount of THC.
- Products that are higher in THC relative to CBD will have more of the THC effect and products that are higher in CBD relative to THC will have more of the CBD effect.
- It appears from studies that products higher in CBD work best for epilepsy, inflammatory conditions, and mood disorders.
- It also appears that products with equal amounts of THC and CBD (1:1 ratio) may work better for pain, especially nerve pain, muscle spasms, and cancer.

WHERE TO START

- There is no “one size fits all” with cannabis medicine! The same strain or product can give different people different effects. You must be willing to try different products to find what is effective for your condition.
- Most patients who are unfamiliar with cannabis medicine often start with products that have higher amounts of CBD (higher CBD:THC ratios, for example between 25:1 or 15:1) and depending on results, may then try products that contain increased amounts of THC (for example products with ratios between 8:1 or 1:1).
- Many patients find that products containing higher amounts of THC are more effective for sleep.

PATIENT PRECAUTIONS

-  Treat your cannabis medicine the same way you treat your other medication. This medicine may have different effects on others so do not share your medicine with family members, friends or children. Use your medicine as recommended by your doctor.
-  Don't overuse your cannabis medicine. Follow your doctor's instructions and listen to the advice you received at the dispensary. Remember that “less is more” when using cannabis medicine.
-  Keep cannabis medicine away from children and pets. Edibles may look appealing to children and animals so make sure to avoid any accidental ingestion by keeping your medicine in a safe and secure location.
-  Do not drive or operate heavy machinery under the influence of cannabis medicine. If you are using the non-psychoactive form of cannabis (CBD-rich products), try it first at home before you drive or operate heavy machinery to make sure that you do not have limited ability. Wait a number of hours to see how long the medicine lasts in your system so you are aware of the duration of the medicine's effects
-  It is recommended that you do not use alcohol at the same time that you take your cannabis medicine. The combination of cannabis with alcohol may lead to dizziness, increased risk of injury, poor judgment and excessive impairment.

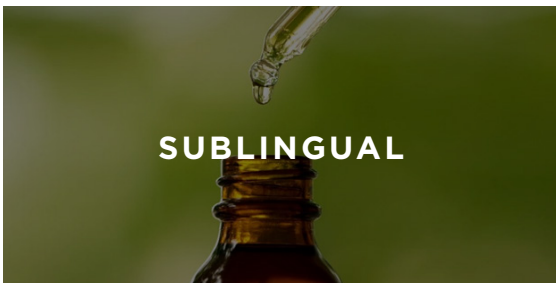
DOSING METHODS



- Onset in minutes
- Peak effects in 30 minutes
- Lasts 1-4 hours depending on dose
- Easier to dose since effects are felt immediately
- Vaporization is highly recommended over smoking
- New or inexperienced patients may take one puff, wait 15-30 minutes, repeat dose if needed



- Onset in 60-90 minutes
- Peak effects in 2-3 hours
- Lasts 6-8 hours
- Difficult to dose - start with a small amount and titrate up as needed
- THC is changed to a stronger compound when eaten; be aware that a small amount can be potent
- New or inexperienced patients may take a small amount (1/4th or less) of edible product, wait 1 hour for effects, repeat only if no effects are felt



- Onset in 15-60 minutes
- Peak effects in 1-2 hours
- Lasts 1-4 hours
- Available as drops or sprays placed under the tongue
- New or inexperienced patients may start with 1-3 drops/sprays, wait up to 60 minutes, repeat if no effects are felt



- For external skin use only
- Does not cause any psychoactive ("high") effects
- Apply to bony joints, such as hands, feet, knees, etc.
- May also be used on rashes, such as eczema and psoriasis
- Repeat dose as needed