

For recreational or medicinal use. Also known as marijuana, pot, bud, and weed.

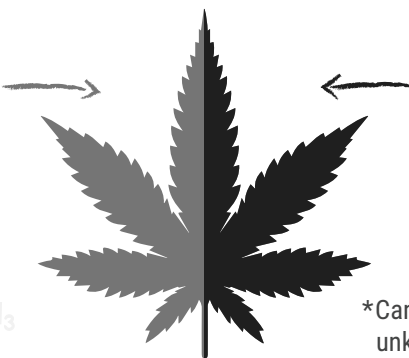


- Inhaled starts working within 10 min and effects lasts 2-4h (but can be up to 24h)
- Edibles start working at around 1h and effects last 4-6h (but can be up to 24h)
- Vaping and edibles likely safer than smoking

- Pregnancy and breastfeeding
- Personal/family history of psychosis
- Several hours before driving
- Allergy to cannabis
- Under age 25

A stylized, light-colored illustration of a classic car, possibly a Volkswagen Beetle, shown from the front quarter view. It is positioned in the bottom right corner of the slide.

- Makes some people high
- Stimulates appetite
- More cognitive side effects than CBD (e.g., confusion, drowsiness)



- Does not make people high
- Many potential medicinal uses

*Cannabis has hundreds of other ingredients with unknown effects

- Intensely happy/uneasy
- Sedation/relaxation
- Difficulty speaking
- Numbness
- Disconnected thoughts
- Muscle twitching
- Changes in heart rate/blood pressure

- Impaired memory, confusion
- Blurred vision/visual hallucination
- Loss of touch with reality/self
- Problematic cannabis use
(e.g., difficulty cutting down,
continued use, despite harm)

- Intense/prolonged vomiting
- Loss of motivation

Long term side effects largely unknown



- Avoid driving for several hours after use
- Vaporizing/edibles preferred over smoking

- Keep away from children, especially edibles
- Delay age of first use as long as possible

Practical Tips for Medical Cannabis

Includes medical marijuana and pharmaceutical cannabinoids



Reasons for Use *Most evidence is from pharmaceutical cannabinoids*

- May help in chronic nerve pain, palliative care, nausea and vomiting from chemotherapy, and spasticity from multiple sclerosis
- May help drug-resistant seizure disorders in kids
- Very little evidence to support use for anxiety, general nausea/vomiting, or other pain conditions

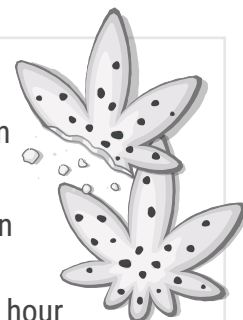
Prescribing for Medical Use

- Try pharmaceutical cannabinoids first (nabilone, nabiximols)
- Don't need to feel high for effective symptom management
- Avg use is 1.5-3g of herbal cannabis/day
- 1 joint \approx 0.5g of cannabis

Dosing Medical Marijuana

- Effects vary considerably based on strain
- Start with lower THC, limit to $<9\%$
- **Inhaled:** start with 1 puff and wait 10 min to assess effect, repeat as needed
- **Edible:** start with 1 small bite and wait 1 hour to assess effect, repeat as needed

http://www.cfpc.ca/Release_Dried_Cannabis_Prelim_Guidance/



	Inhaled	Edible	Pharmaceutical Cannabinoids
Product	Plant/oil that is smoked or vaporized	Plant/oil added to food/drink	Nabilone, nabiximols
Onset of effect	5-10 min	Up to 60 min	1-2h
Peak effect	10-20 min	2-4h	2-4h
Duration of effect	2-4h (up to 24h)	Adults: 4-6h (up to 24h) Kids: 6-12h (up to 36h)	12h (up to 24h)
Can impair driving	Yes	Yes	Yes

Managing Side Effects

- Reduce dose (frequency, potency, amount) or stop
- Reduce THC if cognitive side effects
- Tolerance may develop over weeks to months
- Stop if signs of problematic cannabis use
- Withdrawal symptoms include intense anxiety/fatigue 1-2 days after stopping

Cannabis Drug Interactions

- Smoked cannabis induces CYP1A2 (e.g., may decrease effect of olanzapine, chlorpromazine)
- Inhibitors of CYP3A4 (e.g., ketoconazole) may result in **more effects** from THC or CBD
- Inducers of CYP3A4 (e.g., rifampin, St. John's wort, phenytoin) may result in **less effects** from THC or CBD
- Clinical importance of other interactions unclear

