### Side Effects

Patients may experience high rates of cannabis side effects across all medical cannabinoids (NNH = 6), though this may vary based on THC/CBD ratio and may be dose-dependent [REF](#)

- Drowsiness
- Feeling high
- Dizziness
- Psychiatric disturbances (27% if inhaled)

See the online module for comparison table.

"Feeling high" is generally attributed to THC and not CBD. [REF](#) However, CBD does have reported side effects especially sedation [REF](#)

- Decreased appetite 22%
- Elevated LFTs 16% - note these patients were also taking anti-seizure medication
- Vomiting 15%
- Pneumonia 8%

Pediatric trials on CBD (vs Placebo)
- Somnolence 25% (vs. 8%)
- Irritability or Agitation 9% (vs 2%)
- Aggression/ anger 3-5% (vs 1 %)

**Smoked cannabis is not recommended due to unknown risk of lung disease.** [REF](#)

**Health Canada recommends against vaping or vaporizing cannabis.** [REF](#)

### Safety and cannabis: Working or driving

**The 4-6-8 Rule**
Rate of fatal car crashes increases with THC use. [REF](#) Avoid driving for 4 hours after inhaling, 6 hours after ingestion, 8 hours if feeling high. [REF](#)

**Can I work after using cannabis?**
Check with your own industry as regulations vary widely. If you feel affected, don't engage in safety-sensitive activities such as driving or operating machinery. Effects usually last at least 6 hours after use, but can last 24 hours.

### THC, CBD and more: Cannabis ingredients

Cannabis contains over 500 unique compounds

**Principal ingredients:** delta-9-tetrahydrocannabinol (89-THC) & cannabidiol (CBD). CBD does not cause a "high." [REF](#)