



## Before starting medical cannabis, consider the following:

	<p>General approach to the initiation of medicinal cannabis is “start low, go slow, and stay low.” Due to limited clinical guidance for medical cannabis, establishing an optimal dosing regimen will require a systematic trial-and-retrial approach.</p>
	<p>For cannabis inhalation, patients should start with 1 inhalation and wait 15 mins. Then increase by 1 inhalation every 15–30 mins until desired symptom control has been achieved.</p> <p>For chronic conditions and symptoms, long acting oral preparations are the mainstay of treatment.</p> <p>Vaporization can be used as an add-on prn technique for episodic exacerbations of symptoms.</p> <p><b>Attainment of euphoric effects is not required to attain symptom control.</b></p>
	<p>THC-mediated side effects such as fatigue, tachycardia, and dizziness are avoidable when starting dose is low and titration is slow. CBD can balance THC side effects, especially in daytime use, or when driving is required.</p> <p>Slow upward dose titration promotes tolerance to psychoactive sequelae of THC, which is especially important for naive users.</p> <p>Medical cannabis patients, in contrast to recreational users, frequently use CBD-predominant chemovars with the smallest amount of THC to get the greatest improvement in symptom control, function, and quality of life, while minimizing adverse effects.</p> <p><b>Providers may also consider use of CBD oil as these formulations have low THC content products available. Providers also have more control over the amount of THC dispensed in either dry form, capsules, oil, or topicals.</b></p>
	<p>Cannabis should be stored in a safe place or lock box in the home, out of the reach of children and pets. The ACMPR requires patients to declare a storage site during registration with Health Canada. This will be printed on their registration certificate. Storage sites can be 1 of 3 places:</p> <ul style="list-style-type: none"><li>• Home</li><li>• Production site (if home-grown)</li><li>• Home of the designated person growing cannabis on the patient's behalf (if relevant).</li></ul>
	<p>Patients should keep a “symptom diary” chart indicating response or efficacy for each cannabis product as an aid for physicians in determining treatment response to cannabis in follow up visits.</p>
	<p>Follow-up for reassessment once every 3-6 months, sooner if the patient has concerns early in the treatment course.</p>

Source: Beaulieu et al. (<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/information-medical-practitioners/information-health-care-professionals-cannabis-cannabinoids.html#rn275>)

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