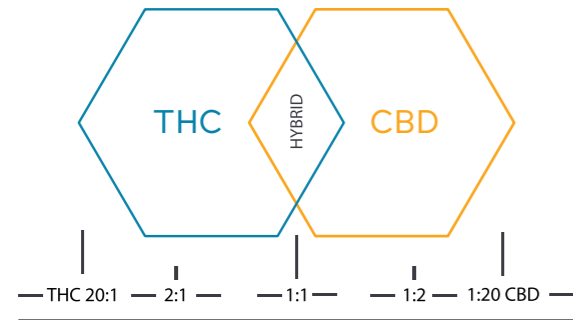


WHY CBD & THC?

Cannabis isn't a 'one-size fits all' therapy.

Many patients benefit from using more than one product. Additionally, scientific studies have shown that CBD works synergistically with THC by increasing each other's therapeutic effects.



HOW'S MEDICAL CANNABIS CONSUMED?

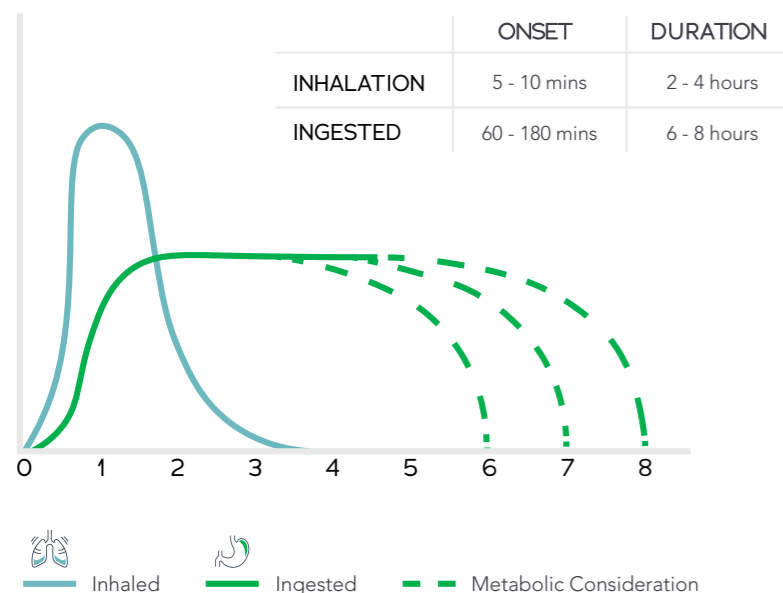
INHALED / VAPOURISING (RAPID ABSORPTION)

When inhaling, the active ingredients are absorbed almost immediately into your bloodstream through the lungs. The effects can be felt within 10 minutes and generally last between 2-4 hours. This administration technique is ideal for managing acute symptoms.

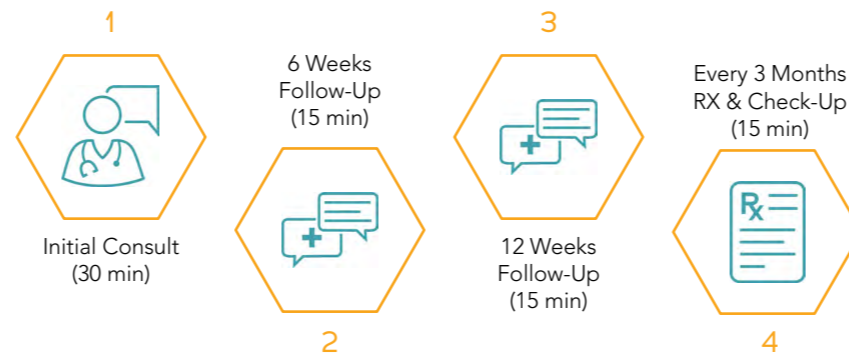
ORAL INGESTION (SLOW ABSORPTION)

It's important to "Start Low & Go Slow" when ingesting Cannabis because the effects can be a lot stronger and longer lasting than when inhaled. When ingested, it can take 90 minutes to absorb the active ingredients with a longer effect of 4-8 hours. This administration technique is ideal for managing chronic symptoms.

INHALATION VS INGESTION



CONSULT TIMELINE



Don't wait until your prescription has run out! Please ensure you contact us in advance to book a repeat prescription consult.

WHAT HAPPENS AFTER MY INITIAL CONSULT?



1. You must pay for your consult before we can submit your application to the TGA, and before your prescription can be created and sent to the Pharmacy.



2. When your application is approved, the Doctor will write your prescription and send it to the Pharmacy. The Pharmacy will order your medicine from the supplier.



3. When the Pharmacy has your physical prescription and the Medicine has arrived, the Pharmacy will contact you. The prescription can be securely couriered to you.

This process will take up to **10 business days**. Please contact the clinic if you've not been contacted after 10 days, since you've already paid for your consultation. In some cases, the TGA requires more information for your application to be approved and this can take longer.

Notes



CANNABIS DOCTORS AUSTRALIA

POST-CONSULT INFORMATION



Visit our website:
www.CannabisDoctorsAustralia.com.au



WHAT'S MEDICAL CANNABIS?

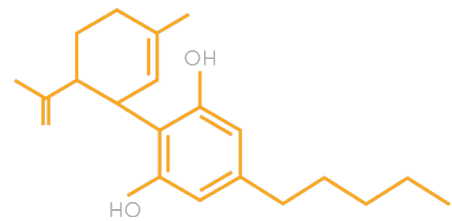
Medical Cannabis is a very personalised medicine. Dosing is based on recommendations and will vary between individuals. Patients ultimately determine their optimal dose using the general guidelines of "Start Low and Go Slow" and "Finding the minimal effective dose that gives desired symptom control". Cannabis is a complex plant with over 400 chemical compounds; 140 of which are naturally occurring chemical compounds known as Cannabinoids. These compounds activate the Endocannabinoid system receptors in the brain and body.

The two most common Cannabinoids used in medicine are:

- o THC (Delta 9-Tetrahydrocannabinol)
- o CBD (Cannabidiol)

WHAT'S CBD?

Cannabidiol (CBD) is a non-psychoactive Cannabinoid compound with enormous therapeutic potential.



CBD is a non-toxic, non-euphoric substance that doesn't make people feel high. CBD isn't detected in roadside drug tests.

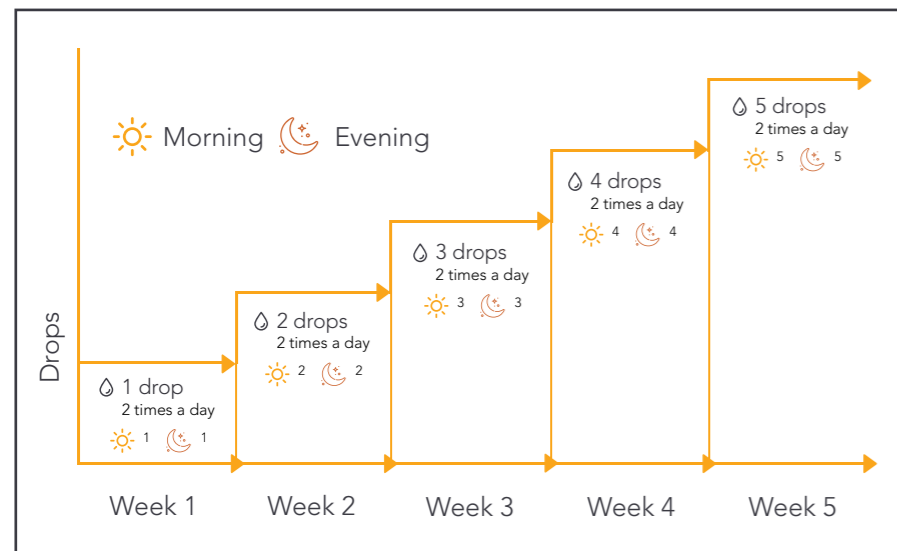
CBD

Cannabidiol
Non-Psychoactive

CBD has the following properties:

- Reduces inflammation
- Kills or slows bacteria growth
- Inhibits cell growth in tumors
- Stimulates appetite
- Tranquilizing / Psychosis management
- Reduced risk of artery growth
- Modifies immune system activity
- Reduces blood sugar levels
- Treats psoriasis
- Relieves anxiety
- Anticonvulsant
- Antioxidant
- Promotes bone growth
- Neuroprotective properties

CBD DOSING SCHEDULE



The goal is to find the minimum effective dose.

Titration example:
This table is just a guide. Please check with your Prescribing Clinician on your starting dose.

CBD Possible Side Effects:

- Dry mouth
- Nausea
- Diarrhoea

TITRATION DEFINITION

Titration is the process of gradually adjusting medication; only required until the minimum effective dose is found.

MEDICINAL CANNABIS OIL DOSING

Administration technique to find your dose.
The goal is to achieve the minimum effective dose.

1. If possible, start by eating something containing fat (i.e. spoonful of yoghurt, peanut butter, avocado).
 2. Place drop/mL(s) in mouth and swirl around for 90 seconds, then swallow.
 3. Reassess if desired symptom control has been achieved. If the answer's no, continue to titrate as per dosing table.
 4. Once desired symptom control has been achieved, you've found your dosing regimen.
 5. Record your optimal dose in dosing diary.
- * Discontinue use if any undesirable effects occur.

“ START LOW & GO SLOW ”

WHAT'S THE BIPHASIC EFFECT?



Low and high doses of the same substance can produce opposite effects. Small doses of Cannabis tend to stimulate while large doses tend to sedate.

PRESCRIPTION TERMINOLOGY

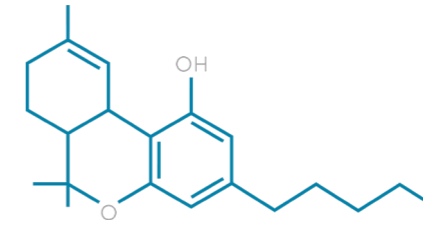
- PRN = As required
- BD = Two times per day
- TDS = Three times per day
- QID = Four times per day
- Nocte = Night
- Q2H = Every two hours
- Q10 Mins = Every ten mins
- Titration = Gradual adjustment

DROP VS DROPPER



WHAT'S THC?

Delta 9-Tetrahydrocannabinol (THC) is a psychotropic Cannabinoid compound with many Medical benefits.



THC

Tetrahydrocannabinol
Psychoactive

THC is responsible for the euphoric effect as described by patients. It contains psychoactive properties that can alter one's behaviour, consciousness, mood and perception. THC can cause sleepiness and sedation, hence its restriction with driving.

THC has the following properties:

- Pain relief
- Stimulates appetite
- Reduces nausea and vomiting
- Suppresses muscle spasms
- Sedative

One's sensitivity to THC is a key factor in determining one's optimal dose.
Cautious titration is urged.

THC DOSING SCHEDULE

Day	1	2	3	4	5	6	7
Morning	1x	2x	3x	4x	5x	6x	7x
Midday	1x	2x	3x	4x	5x	6x	7x
Evening	1x	2x	3x	4x	5x	6x	7x
Bed	1x	2x	3x	4x	5x	6x	7x
PRN (as required)	Additional dose if necessary, waiting 2 hours after previous dose	IF NEEDED	IF NEEDED	IF NEEDED	IF NEEDED	IF NEEDED	IF NEEDED

Cautiously find your optimal dose using **slow titration techniques**.
Some people respond better to microdosing.

Titration example:
This table is just a guide. Please check with your Prescribing Clinician on your starting dose.

THC Possible Side Effects:

- Increased heart rate
- Drowsiness
- Impaired short-term memory
- Uncontrollable laughter
- Nausea
- Anxiety
- Increased appetite
- Euphoria
- Dizziness
- Dry mouth