

### What is “greening out”?

When a patient gets acutely sick from THC cannabis, it's known as “greening out”. This experience is usually THC dose-related, happening more often to people who aren't used to cannabis, or are using much larger amounts than usual.

### What can be done?

When a patient consumes too much THC, it's important to manage it symptomatically. Finding a safe space to counteract any anxiety is essential. Additionally, keeping hydrated is also important. If a person is vomiting while sedated, it's crucial to lie them on their side in the recovery position to avoid inhaling the vomit. Consider calling emergency services if the patient is significantly distressed, faints or has an abnormal level of consciousness - especially if they've also consumed alcohol, other medications or other substances. Take CBD with your THC, as it's been found through research to mitigate psychoactivity.

### What are the mechanisms behind this?

When THC is consumed, it activates a cell receptor located within the person's brain. This stimulation of chemical messengers plays an important role in managing pain, depression, appetite, memory or fertility. When too much THC has been consumed, the cell receptor becomes overstimulated, making one feel potentially nauseous and unwell, aka 'greening out'.

### How does this happen?

The potency and amount of the cannabis used, is directly related to the potential of “greening out”. Inhaling cannabis results in a more rapid absorption, which can increase the chance of feeling unwell if a high strength, high dose is used.

### How to avoid “green outs”

Start low and go slow. It's much better to have an “underwhelming experience with cannabis” building it up to a tolerable level, than experiencing an “overwhelming one”.

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