

What is a vapouriser?

A vapouriser is an electronic device which allows patients to release the active ingredients and therapeutic compounds of cannabis via inhalation of vapour rather than smoke. When used properly, a vapouriser heats dry herb to just below the point of combustion, which produces the flavour and effect of the plant into a vapour form. Vapourising results in significantly more efficient extraction of cannabinoids, terpenes and flavonoids, as well as decreasing the irritation and harmful effects caused by smoking. Since no plant matter is being burned, potential combustion carcinogens are not produced. Vapour is much smoother and more flavourful to inhale than smoke, which makes the entire experience more enjoyable and comfortable for the patient.

Why is vapourising recommended over smoking?

A variable amount (20-80%) of medicinal cannabinoids in cannabis are lost in side stream & combustion when smoked, making it difficult to estimate the dose of medicinal cannabis an individual patient is receiving. Additionally, there is well-documented evidence that smoking in general is harmful, therefore smoking of cannabis products should not be supported.

What is dried cannabis flower?

Dried cannabis flower contains the medicinal compounds: Tetrahydrocannabinol (THC) or Cannabidiol (CBD), used in medicinal cannabis therapy. It is commonly referred to as flos, heads, buds, nuggets or granules depending on the form.

Why is dried flower prescribed?

Dried THC/CBD flower is often preferred by patients and doctors due to its rapid onset of action compared to oils or capsules.

What supplies do I need?



Grinder



Vapouriser



Dried Cannabis Flower

What should I look for in a vapouriser?

First and most importantly, it must be compatible with dry herb! The two categories of dry herb vapourisers are desktop and portable. Desktop units are powerful stationary devices made for at-home users, while portable vapourisers are engineered for on-the-go consumption. Price varies throughout the two categories and are based on preferred heating method, battery life (in the portable range) and temperature settings. The type of vapouriser required will depend on each individual patient's needs.

How do I know when it's time to change the bud out of the vapouriser?

Most dry herb vapourisers are dosing session vapes: meaning they cut off at some point and need to be turned on for another dose. Depending on the heat temperature, it's possible there will be life left in the bud, which is known as "already vaped herb" (AVH). Mixing the herb before and mid dosing session will help maximise usage by keeping the granules evenly vaped. This is observed by the colour change in herb after each session. A good guide to AVH should hold green to greeny brown colour. When AVH begins to look brown that is the ideal stopping point as there are minimal cannabinoids left in the product.

Can I vape my oil?

NO! Cannabis oil that is meant to be consumed orally is not compatible with vapourisers. Because medicinal cannabis oil is not a vape liquid, it will damage a vapouriser. Medicinal cannabis vape liquid is different to cannabis oil, as outlined below.

What about vape liquid?

Vape liquid is a product that is made to be used in a liquid vapouriser and NOT a herb vapouriser. The THC and/or CBD are dissolved in a vapeable liquid such as Polyethyl Glycol (PG), Polyethylene Glycol (PEG) or Vegetable Glycerine (VEG). Liquid vapourisers are usually self-set for temperature and will heat for immediate vapourisation and inhalation. Patients are advised to start low and go slow, with a single inhalation per 10 minutes, until they're able to work out their best inhaled dosage.

How do I vape flower?

1. Grind herb in a herb grinder until it is a medium to medium-fine consistency.
2. Pack your bowl of herb into the herb chamber – full but not tight – allowing herb to heat evenly.
3. Turn vape device on.
4. Set temperature (between 175-200°C). The effects will vary at different temps – decrease if burnt taste or combustion.
5. Inhale once, slow and long:
A) Inhalation speed – low and slow. Hot air needs enough time to pass by material to extract cannabinoids.
B) Inhalation length – long and gentle.
C) Breathe in your vapour and take a deep breath into your lungs.
D) Hold for 5 seconds before exhaling.
6. Wait 10 minutes to see if desired effect has been achieved.
7. If desired symptom control has not been achieved, stir the bowl mid dosing session to expose the surface area that was previously covered. Repeat from step 3.
8. Practice to find your optimal vape temperature and dose.

How do I clean my vapouriser?

Cleaning and maintaining regularly will ensure proper function and enhance your vape's performance.

1. Make sure your vapouriser is off and not hot.
2. Remove the mouthpiece from the device.
3. Use a brush or pipe cleaner to get rid of any excess debris from the herb chamber.
4. Dampen the pipe cleaner with alcohol cleaner and feed it through the inside of the vapour path until it's clean.