

Post-Consult Information

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 cannabis medicine are:

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

How is medical cannabis consumed?

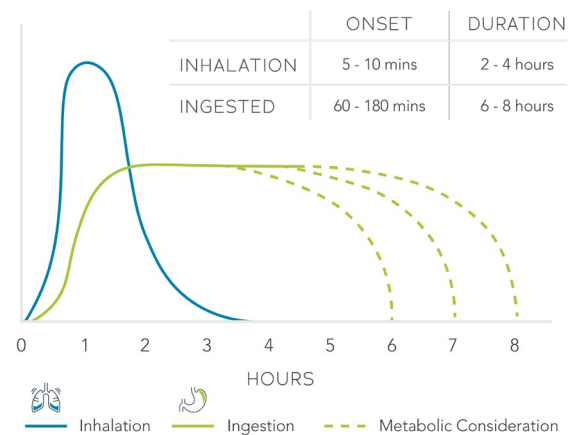
Vapourising / Inhalation (Rapid Absorption) 🌬️

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) 🍷

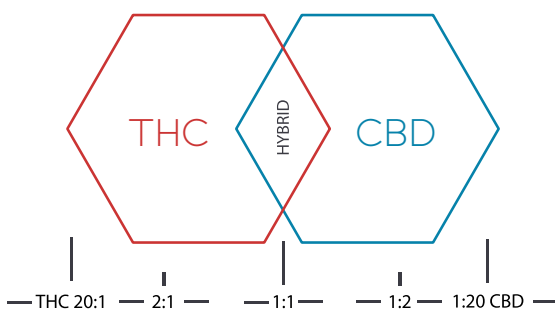
It's important to **"Start Low & Go Slow"** when ingesting cannabis because the effects can be a lot stronger and longer lasting than when inhaled. When ingested, it can take 90 minutes to absorb the active ingredients with a longer effect of 4-8 hours. This administration technique is ideal for managing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

Inhalation vs Ingestion



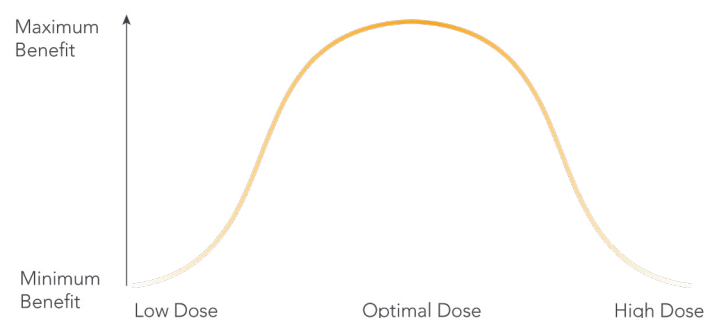
Why CBD & THC?

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.



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.



What's CBD?

Cannabidiol or 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 has the following potential properties:

- Reduces inflammation
- Kills or slows bacteria growth
- Inhibits cell growth in tumors
- 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
- Stimulates appetite
- Neuroprotective properties

CBD possible side effects:

- Dry mouth
- Nausea
- Diarrhoea

What's THC?

Delta 9-tetrahydrocannabinol or THC is a psychoactive cannabinoid compound with many medicinal benefits. 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 potential properties:

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

THC possible side effects:

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

Titration Definition

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

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



Titration Example: CBD Dosing Guide

| WEEK | 1 | 2 | 3 | 4 | 5 |
|---------|-------------|-------------|-------------|-------------|--------------|
| MORNING | 2x 0.1mL | 4x 0.2mL | 6x 0.3mL | 8x 0.4mL | 10x 0.5mL |
| BED | 2x 0.1mL | 4x 0.2mL | 6x 0.3mL | 8x 0.4mL | 10x 0.5mL |

Cautiously find your optimal dose using slow titration techniques. Some people respond better to microdosing. The goal is to find the **minimum effective dose**.

*This is just a guide. Please check dosing with your prescribing doctor.

*Discontinue use if any undesirable effects occur.

Titration Example: THC Dosing Guide

| DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----------------------|--------------------------|-------------------------|--------------------------|-------------------------|--------------------------|-------------------------|--------------------------|
| MORNING | 1x 0.05mL | 2x 0.1mL | 3x 0.15mL | 4x 0.2mL | 5x 0.25mL | 6x 0.3mL | 7x 0.35mL |
| MIDDAY | 1x 0.05mL | 2x 0.1mL | 3x 0.15mL | 4x 0.2mL | 5x 0.25mL | 6x 0.3mL | 7x 0.35mL |
| EVENING | 1x 0.05mL | 2x 0.1mL | 3x 0.15mL | 4x 0.2mL | 5x 0.25mL | 6x 0.3mL | 7x 0.35mL |
| BED | 1x 0.05mL | 2x 0.1mL | 3x 0.15mL | 4x 0.2mL | 5x 0.25mL | 6x 0.3mL | 7x 0.35mL |
| PRN (as required) | IF REQUIRED 0.05mL | IF REQUIRED 0.1mL | IF REQUIRED 0.15mL | IF REQUIRED 0.2mL | IF REQUIRED 0.25mL | IF REQUIRED 0.3mL | IF REQUIRED 0.35mL |

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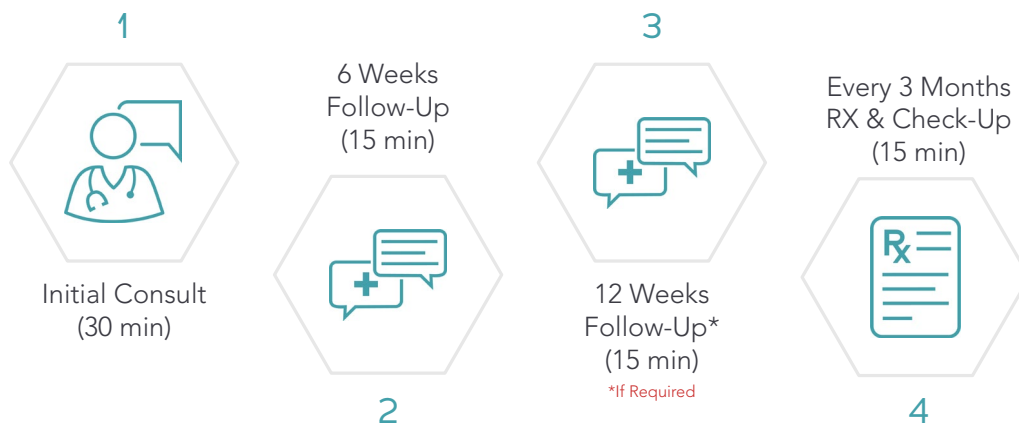
Medicinal Cannabis Oil Dosing

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 is 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.

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, within **10 business days**.
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.