

# THC DOSING GUIDE

MEDICATION:

THC : CBD RATIO:

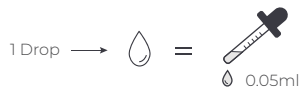
INDICATION:

MG / ML:

SCHEDULE: REGULAR / PRN (AS REQUIRED)

STARTING DOSE: 1 drop / 0.05mL

Gradually increase dose until symptoms are improved or controlled. Stop or decrease if side effects occur. Do not take more than the maximum written on the prescription label.



IMPORTANT: There are 20 drops per mL.  
1 drop = 0.05mL.

Max = 100mg/day or as directed  
by your prescriber.

DAY	1	2	3	4	5	6	7
<b>MORNING</b>	1 drop  or 0.05mL	2 drops  or 0.1mL	3 drops  or 0.15mL	4 drops  or 0.2mL	5 drops  or 0.25mL	6 drops  or 0.3mL	7 drops  or 0.35mL
<b>BED</b>	1 drop  or 0.05mL	2 drops  or 0.1mL	3 drops  or 0.15mL	4 drops  or 0.2mL	5 drops  or 0.25mL	6 drops  or 0.3mL	7 drops  or 0.35mL
<b>PRN</b> (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

## Administration Instructions

1. Start by eating something containing fat (i.e. a spoonful of yoghurt, cheese, coconut oil, avocado).
2. Place drop/mL(s) in mouth and swirl for 90 seconds, then swallow.
3. Reassess if desired symptom control has been achieved, noting THC can take up to 2 hours for full effect. 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. Maintain your minimum effective dose.
5. Record your optimal dose in dosing diary.

## Remember

1. Start Low and Go Slow.
2. When your symptoms have been controlled, STOP increasing your dose. Maintain this effective dose as required.
3. The goal is to find the minimum effective dose.