

PATIENTS DESERVE TO KNOW PROPER DOSING

Finding the proper doses with cannabis products for your symptoms can be very difficult. **ALWAYS START SLOW.** Depending on your symptoms and/or desires for effects, knowing the cannabinoid (See "What Are Cannabinoids?" form) content of your cannabis products is crucial for providing the optimal relief.

WHAT ARE SOME IMPORTANT CANNABINOIDS?

<25mg
THC

Cancer (Pain)

Trials suggest using a combination of THC and CBD strains may be more effective for your pain management than using THC alone. Doses of THC (even when divided over the course of a day) that are higher than 25mg may be poorly tolerated by patients.

10-18mg
THC

Cancer (Nausea and Vomiting)

Studies from 1970 had patients with chemotherapy-induced nausea and vomiting using 10 to 18 mg of THC starting an hour or two before chemotherapy initiation. Patients then repeated the dose every 2 to 4 hours for an additional 2 to 4 doses over a 12 to 24-hour period.

10-15mg
THC

Cancer (Cachexia/Wasting)

Small early trials suggested doses of 10 to 15 mg of THC 3 to 4 times daily during days of chemotherapy infusion.

5-25mg
THC

Glaucoma

CBD may not be effective at lowering intraocular pressure (IOP). However, some evidence suggests even low single doses (5 mg) of THC may reduce IOP for 4 to 5 hours before returning to baseline. Larger single doses (20 to 25 mg) may reduce IOP longer (10 hours), but increases the risk of undesired side effects.

<25mg
THC

Amyotrophic Lateral Sclerosis (ALS)

Two small trials used dronabinol (synthetic delta-9-THC). In the first trial, patients started 2.5 mg of dronabinol daily and capped the maximum daily dose at 10 mg. The second trial used 10 mg daily in two divided doses. Even though patients tolerated the doses of dronabinol well, the effectiveness of the doses had little to no evidence.



Patients must always remember - *start slow*. Higher doses do not translate to greater relief, and may lead to side effects.

CONTINUED

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WHAT IS THE PROPER DOSING FOR:

Seizures

Two out of three trials had adults using 200 or 300 mg of CBD daily successfully reducing their seizure severity. A survey of parents with epileptic children indicated a variety of daily doses, but the lack of standardization of the CBD preparations used are hard to interpret.

(Adults)
200mg - 300mg
CBD

HIV/AIDS

Three trials that had cannabis users suggest that current cannabis users can tolerate higher doses of THC at around 20 to 40 mg daily in divided doses.

(Experienced Users)
20-40mg
THC

Muscle Spasms

THC as a single agent (dronabinol) or in combination with CBD in various ratios has been used in average dosages of 20 to 25 mg per day in divided doses. Patients had normally started at low doses and slowly increased depending on symptom reduction and appearance of side effects. Effectiveness of treatment can normally be determined within a few weeks.

10-15mg
THC

Crohn's Disease

Currently, there are no clear guidelines for effective dosing. However, there are two trials awaiting results that emphasize the use of CBD.

? mg
CBD



Unfortunately, unlike most medications out there, cannabis cannot be recommended for specific dosing amounts and frequencies simply based on age and body weight. What is important to remember is that different dosages will work for different people. It is crucial for all patients to **start off at lower doses** and make adjustments depending on the effectiveness for reducing symptoms.

Temescal Wellness promotes the responsible use of therapeutic cannabis for patients registered in accordance with New Hampshire law. Patients should use cannabis only under the advice of a certifying provider.

Sources:

<http://www.health.state.mn.us/topics/cannabis/practitioners/dosage.pdf>

<http://integr8health.com/resources/patient-handbook/>

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