

## CBD

**Usual dose range:** 25-200mg/day

**Most commonly reported side effects:**

- diarrhoea,
- fatigue,
- dry mouth.

**Do not use CBD medicines if:** you are allergic to any ingredient/s in the medication

CBD is an **S4 prescription drug** – you must only take this medicine as prescribed.

## Isolate vs Full Spectrum CBD

**Isolate medicines** contain only the one molecule – either CBD or THC.

**Full Spectrum medicines** contain over 400 different molecules, including THC, as well as terpenes and flavonoids, and together create the “entourage effect”. As a result, a therapeutic effect is achieved at lower doses with fewer side effects.

## Dose formulation information

**Oil/lozenge** – hold under tongue.

**Capsules** – prescribed when dose stabilised.

**For better absorption always take oral cannabinoids with food or immediately after a meal.**

**Suppositories** – best when oral preparations are not suitable.

**Pessaries** – for pelvic pain and some gynaecological conditions.

## Missed a dose?

If it has been **more than 4 hours** since the missed dose, take it now.

If it has been **less than 4 hours** since the missed dose, wait until the next dose is due.

## THC

**Usual dose range:** 1-50mg/day

**Most commonly reported side effects:**

- dizziness,
- anxiety,
- increased heart rate

**Do not use THC medicines if:**

- pregnancy and breastfeeding,
- unstable mental illness,
- unstable cardiac condition,
- you are allergic to any ingredient/s in the medication

THC is an **S8 controlled drug** – you must only take this medicine as prescribed.

THC is **psychoactive**. This means it can have neurological side effects if the dose is too high. To prevent side effects, **tolerance** needs to be built. This is done by taking low doses at the start of your treatment then progressing to higher doses over time.

## Potential Drug Interactions

Always check with the pharmacist to see if your current medications are okay to take with CBD and THC.

## Warnings

ALWAYS follow the directions given to you by your prescriber.

DO NOT increase to the next dose until you have had **3 side effect free days**.

## Reordering

Your first bottle should last about 3 weeks. Reorder at least 5 working days prior to running out by contacting **My Compounder pharmacy** on **1300 119 577**

**If you have any questions regarding the information in this factsheet call your PA 1300 4 735 433**

## More about CBD and THC

### CBD

*Works on immune cells to reduce inflammation thereby reducing pain.*

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- fatigue,
- dry mouth.

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### THC

*Works on cells in the brain to help with the perception of pain. Also helps with sleep and nausea.*

THC is **psychoactive**. This means it can have neurological side effects if the dose is too high. To prevent side effects, **tolerance** needs to be built. This is done by taking low doses at the start of your treatment then progressing to higher doses over time.

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