

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 on (03) 9117 9000 Australia wide