

PATIENT INSTRUCTION SHEET

How Do I Get Plant-based Medical Cannabinoids (medical cannabis)?

- 1) If it is decided that a trial of medical cannabis is safe and may be of benefit to you, your health care provider (Doctor or Nurse Practitioner) will complete the necessary **Health Canada government authorization form**. Once you choose a licensed producer (see below), your health care provider will send this form to the producer (or use the producer's own online form) **OR** they may ask you to submit it to the LP yourself to register.
- 2) Choose a licensed producer online and register. See the **Health Canada list of licensed producers** QR code below. Let your health care provider know so they can submit the authorization form to this producer. Your health care provider might help direct you to a licensed producer that they are familiar with.
- 3) Your health care provider will write out what product and dose you should order from the producer and how you should take the drug. The producer will provide instructions about the product and help you order the right amounts each month.

Health Canada. Medical Cannabis Authorization Form (2018) and List of Licensed cultivators, processors and seller of cannabis under the Cannabis Act (last updated October 2020).



<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/licensed-producers/sample-medical-document-marihuana-medical-purposes-regulations.html>

The following **Medical Cannabis** is recommended for you by your health care provider.



Suggested Licensed Producer: _____

Type of Cannabis Product to Purchase:

- High CBD oil:** _____ mg CBD/ml
- Blended THC:CBD oil:** _____ mg THC/ml **and** _____ mg CBD/ml
- High-THC oil:** _____ mg THC/ml

How much medical cannabis should I take?

Your health care provider will help you figure this out. It is best to start with a very small amount and then increase it slowly.

My Medical Cannabis Daily Dosing Schedule

Time of Day	Day ___ to ___	Day ___ to ___	Day ___ to ___	Day ___ to ___	Day ___ to ___	Day ___ to ___
am dose (ml)						
pm dose (ml)						

Continue taking more of your cannabis by increasing the amount by _____ ml every _____ days until:

- The desired effect is reached.
- You start to experience any side effects.
- Your maximum dosage of _____ ml is reached.

FREQUENTLY ASKED QUESTIONS

What if the licensed producer I am purchasing my medical cannabis from runs out of my type of product?

Check with your health provider for another option before ordering a replacement product to be sure you get the right dose.

What should I do if I start to experience side effects? Stop increasing the dose. Contact your health provider.

Will I get addicted? It is unlikely you will get addicted to cannabis if using it under the guidance of your health care provider.

Can I travel with cannabis? You can travel within Canada with cannabis (you must have the original packaging from your licensed producer with you). It is illegal to take cannabis across the Canadian border.

