



Patient Information Document





This information is provided to you to support you as a patient with a prescription for medical cannabis. We are here to support you with safe and effective administration and storage of your medication and to optimise your therapy.

We also provide advice and important links to further information to answer frequently asked questions around receiving medical cannabis treatment including: side effects, driving, travel, cannabis prescriptions and the law.

We also provide further complimentary support through our clinical team including our cannabis specialist nursing service as a point of contact for you as a valued patient of Medisonal.

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Your Prescription Medication

Cannabis medication is a controlled medication – it has the potential to cause harm to any child or vulnerable person who may have access to the medication. It should therefore be locked away in a safe place out of the reach of children or vulnerable persons for safety purposes.

Your Specialist Doctor will prescribe the amount of medical cannabis to administer and advice for increasing doses up to a maximum dose.

The prescription will state how many times per day to take the medication:

PRN – as required (up to a max. Stated dose)

OD - Once Daily

BD - Twice Daily

TDS - Three Times Daily

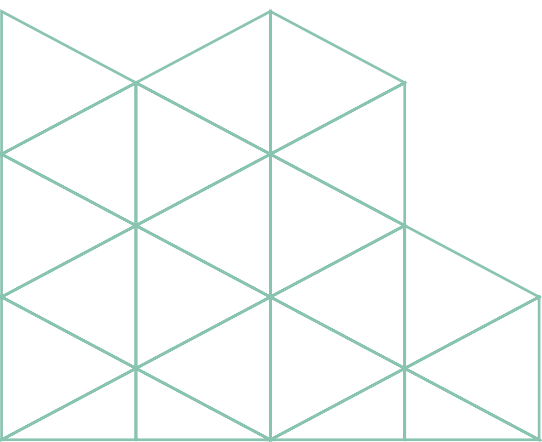
NOCTE - At Night

Cannabis flower

dose measured in grams (e.g. 0.1g / increase by every 3-4 days up to maximum of 1g per day)

The flower medication is administered using a vape device - (see further instructions below)

SMOKING MEDICINAL CANNABIS IS PROHIBITED DUE TO HEALTH RISKS



Vaping Administration (Cannabis Flower):

- Set of digital scales (able to measure down to weight 0.1g)
- Dosing & Titration Guidance – found on prescription – the Specialist Doctor will set out starting dose e.g. 0.1g and how many times per day
- They will state titration of medicine e.g. to increase by 0.1g every 3-4 days and a maximum dose e.g. 1g per day (total 1g maximum over 24-hour period)
- Grinder device (to reduce the whole flower into a vapable consistency suitable for the inhalation vape device)
- Vape device - Medical Grade devices are available from vape pens through to larger inhalation devices (further advice can be given – please contact the Specialist Nursing Team, details found below)
- Cleaning products - to ensure vape device remains patent and reduce infection risk the device needs to be cleaned regularly after usage with either isopropyl wipes or solution, dry brush set

Taking Your Cannabis Flower Medication:

- Take the dose from the prescription written by your Specialist Doctor
- Carefully weigh out the appropriate dose using the digital scales
- Place weighed amount into the grinder device and grind to a vapable consistency (not too fine, similar to a chopped herb consistency)
- Take the ground medication and place into your vape device - follow specific manufacturer's guidance (online video demonstration available for most devices) · Temperature – start around 160 degrees centigrade and increase if needed to maximum (usually around 200-220 degrees centigrade). Cannabinoids generally vaporise at temperatures above 180°C. At a temperature of 210°C, THCA, CBDA, and the terpenes are almost completely dissipated without a combustion taking place. The optimal temperature range for cannabis is between 180 - 210 °C.

DO NOT EXCEED THE RECOMMENDED MAX. TEMPERATURE OF THE DEVICE

- Higher temperatures can increase side effects including: sore throat, dry mouth
- Vape devices should be emptied of the medication after use and in line with manufacturer's instructions
- Clean the device regularly to keep it patent and look after your respiratory health



Vaping Administration (Cannabis Oil Cartridge)

Cannabis Oil Cartridge – this medication is administered through an inhalation device from a pre-filled oil cartridge, at a metered dose (e.g. prescribed as 1-2 inhalations as required, max 10 inhalations per day)

- Some cannabis medications are now prescribed in vape cartridge form- usually these cartridges fit into a specific vape device designed for that type of cartridge only
- Dosing for these cartridges is found on your prescription e.g. take 1-2 inhalations PRN (as required) up to a maximum dose e.g. max: 10 inhalations per day
- Further support for these medications can be found from our specialist nursing team

Vaping Administration (Cannabis Oil under the tongue/sub-lingual)

- Cannabis medication bottle dispensed as prescribed
- Bung to fit the bottle manually (if needed) plus 1ml oral syringe (s)
- DOSE INFORMATION (FOUND ON PRESCRIPTION)
 - Starting dose e.g. 0.1mls and times per day (e.g. BD Twice per day)
 - Titration increase instructions e.g. increase up by 0.1mls every 3-4 days
 - Maximum dose e.g. max 0.5mls TDS (maximum of 0.5mls/ three times per day)
- Oral Syringe – usually provided by Pharmacist with oil
 - Ensure the syringe nib is able to fit with the bottle bung provided

Taking Your Cannabis Oil Medication:

- Ensure the bung is securely in the bottle and with the syringe tip inserted tip the bottle towards 180 degrees to a slight angle
 - Using the 1ml syringe measure the dose as per your prescription e.g. 0.1mls - expel any air bubbles if needed and re-check the level is correct
 - PLACE THE BOTTLE BACK TO STANDING IF NEEDING TO REMOVE THE SYRINGE TO EXPEL AIR BUBBLES – THIS WILL PREVENT ANY SPILLAGE OF THE OIL
- Place the oil under the tongue as directed and hold in place, closing the mouth and gently rubbing under the bottom lip to aid absorption**
- Anecdotal evidence suggests eating fatty foods (chocolate, full fat yoghurt, milkshake) can further aid absorption of the cannabis medication
 - After usage the syringe needs to be cleaned with soapy water, rinsed thoroughly and left to air dry- this avoids contamination of your oil bottle

Further support regarding your administering of your cannabis medication is offered by the Specialist Nurse Team - They can support you with any questions or Issues



Side Effects, Adverse Reactions & Interactions

Side Effects:

Your Specialist Doctor will discuss possible side effects to observe for when starting medical cannabis.

Mild / moderate common side effects:

Disturbed appetite, dizziness, drowsiness, dissociation or disorientation, impaired concentration, low mood, increased anxiety, dry mouth, vertigo, euphoria, malaise, nausea/ vomiting.

These are usually self-limiting and will quickly stop - we advise you to discuss any side effects with the clinical team (nurse or Specialist Doctor).

Adverse Reactions:

Headaches, shortness of breath or persistent throat irritation or cough are examples of adverse reactions to medical cannabis. These can happen repeatedly and need to be reported to the clinical team (nurse or specialist Doctor).

As with all medications - adverse reactions need to be reported to the MHRA (Medications Regulatory Health Authority) via the yellow card system - if this is needed our team will support you with this.

Should you experience any signs of **ANAPHYLAXIS**:

- **Swelling/ tingling to lips/ tongue or mouth or throat**
- **Shortness of breath**
- **Dizziness or collapse**
- **CALL 999 IMMEDIATELY - ANAPHYLAXIS IS A MEDICAL EMERGENCY**

ONCE THE ANAPHYLAXIS HAS BEEN TREATED - STOP THE CANNABIS MEDICATION IMMEDIATELY AND CONTACT THE CLINICAL TEAM AT MEDISONAL TO NOTIFY YOUR SPECIALIST DOCTOR

Interactions:

* Anticoagulation (blood thinning) medications e.g. Warfarin, Apixaban, Rivaroxaban - can interact with medical cannabis - your Specialist Doctor will discuss any regular monitoring required.

* Medical cannabis also has the potential to increase levels of some other prescribed drugs e.g. benzodiazepines, sodium valproate - your Specialist Doctor will discuss any regular monitoring required.

*Cannabis medication has been shown to possibly interfere with contraception - in particular mixed oral type of contraceptives. This should be taken into consideration when starting a medical cannabis prescription.

Travel & Driving

Travel:

Please refer to UK Government advice with regards to safely travelling in / out of the UK with your prescription cannabis medication:

Visit the UK Government website: Controlled drugs: personal licences - GOV.UK (www.gov.uk)
Email: dflu.ie@homeoffice.gov.uk for more advice on leaving the UK with controlled drugs.

It is advised to contact the Embassy for the country of travel as soon as possible as areas have different requirements / laws regarding travelling with medical cannabis.

Please contact Medisonal to provide a clinician letter and copy of your medical cannabis prescription to support travelling with your medication – as recommended by the UK Government.

Driving:

Please refer to UK Government advice with regards to driving in the UK with your prescription cannabis medication: Visit the DVLA website: Drugs and driving: the law - GOV.UK (www.gov.uk) for advice around driving with prescribed medication and any need to inform the DVLA.

Specific guidance for medical cannabis: Changes to drug driving law - GOV.UK (www.gov.uk)
Support for your other health professionals can be found: Medical cannabis and road safety (publishing.service.gov.uk) & Guidance for healthcare professionals on drug driving (publishing.service.gov.uk)

Your Specialist Consultant will discuss driving and cannabis medication prescription with you – please contact the specialist nurse team or your Specialist Doctor should you have any further queries.

You should not drive if your prescription cannabis medication makes you feel impaired in any way as this would be illegal. Government.

Additional Information

Cannabis-based prescription medicines (CBPM's) are unlicensed medicines, meaning they are perfectly legal but may not have undergone the same quality standards as "licensed medicines" which have marketing authorisation from the MHRA.

Please do not take CBPM's if you have:

- Schizophrenia diagnosis/ Psychosis
- Pregnant or breastfeeding
- Severe/ unstable cardiac issues: angina or arrhythmias
- Drug or alcohol dependence (current)
- Recreational use of cannabis/ cannabinoids
- Allergy/ previous anaphylaxis to cannabinoids: THC/ CBD or other

***Please discuss any relative history with schizophrenia/ psychosis with your specialist doctor**

CBPM's can interact with medications including anti-epileptic drugs (e.g. Sodium Valproate, Clobazam, Topiramate, Eslicarbazepine, Carbamazepine, Zonisamide, Phenytoin & Phenobarbital), Benzodiazepines (e.g. diazepam and midazolam) and anti-depressant Tricyclics such as Amitriptyline & Fluoxetine as well as Duloxetine. Also consideration with St Johns Wort is required due to possible interaction.

Additional monitoring (blood tests) may be required – please speak to your specialist doctor/ nurse.

Anti-coagulant therapies can also be affected by CBPM's and may warrant more regular level testing, these medications include: Warfarin, Rivaroxaban & Apixaban

These medications below may also interact with CBPM's – please discuss these medications with your specialist doctor:

• Atropine, Ipratropium, Amphetamines, Naltrexone (used for alcohol dependence), Codeine, Ibuprofen, Naproxen, Morphine, Chlorpromazine & Lithium, Baclofen & Tizanidine, Ketoconazole/Itraconazole, Antibiotics: Clarithromycin Rifampicin Erythromycin

• Gastro-protective medications (proton pump inhibitors) Lansoprazole, Omeprazole, Atorvastatin, Simvastatin, Esomeprazole, Sildenafil, Vardenafil, Theophylline, Cardiac drug: Digoxin and also Digoxin Everolimus, Melatonin and Aprepitant.

• CBPM's may interfere with the mechanism of oestrogens (also Oestradiol and progesterone) this could possibly reduce efficacy of birth control medications and this should be considered when commencing CBPM's.

• Alcohol – can affect concentration, cause dizziness and judgement ability when take with CBPM's, generally the advice would be to avoid alcohol when taking CBPM medications particularly when starting the medication or changing dosage (titrating).

SAFE STORAGE

• Please store this medication according to the specific directions provided

• Please keep out of sight & reach of children

• Observe the medication for change in colour, odour or texture – **DO NOT USE IF MEDICATION APPEARANCE CHANGES** – contact the Medisonal team/ specialist doctor

• Speak to Medisonal Pharmacist regarding safe disposal of CBPM medications

• Please contact Medisonal, your specialist doctor, nurse or pharmacist should you have any queries relating to administration or dosage of these medications or experience any issues with your CBPM medication.

Contact Information

Should you experience any severe adverse reaction to your medication or experience thoughts of self-harm / suicidal ideation contact your Specialist Doctor and GP within office hours. If outside office opening hours contact 24/7 support services **URGENTLY:**

EMERGENCY / OUT OF HOURS CONTACTS:

- **GP / GP OUT OF HOURS SERVICE**
- **ACCIDENT & EMERGENCY / URGENT CARE**
- **111 (REQUEST CRISIS TEAM FOR MENTAL HEALTH EMERGENCY)**
- **999 - OTHER EMERGENCIES OR IMMEDIATE THREAT OF HARM TO SELF OR OTHERS**
- **116 123 – SAMARITANS (URGENT SUPPORT SERVICE)**

Medisonal General Enquiries

(Mon-Fri 9-5PM)

T +44 (0) 207 846 7196

Specialist Nurse Service

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