

4. Check for allergens - medical cannabis-infused products may be produced in the same facility where common allergens such as tree nuts or peanuts are used.
5. Do not consume medical cannabis-infused products and alcohol together.
6. Do not drive or operate heavy machinery - edible marijuana products and some other infused products remain in your system for several hours longer than inhaled products, so you should not operate a vehicle for the rest of the day after consuming them.
7. Keep all medical-cannabis-infused products away from children and pets - store medical cannabis-infused products in a secure location. In case of accidental consumption by a child, call the Poison Center Hotline, 1-800-222-1222, immediately.
8. Label homemade medical cannabis-infused products.
9. Never offer medical cannabis-infused products to others.
10. Seek medical help if needed.

Medical Cannabis can make a person physically sick, especially in children. If you took too much medical cannabis or are experiencing an unwanted or unexpected reaction, call the Poison Center Hotline at 1-800-222-1222.



Information about medical cannabis-infused products is provided for informational purposes only and should not be used for diagnosing purposes or be substituted for medical advice.



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# Medical Cannabis-Infused Products



## What are medical cannabis-infused products?

These are products such as foods (or “edibles”) and tinctures that are infused with concentrated marijuana oils. Edibles are the most popular form of cannabis-infused products, and are also the most likely to result in over-consumption. Types of medical cannabis-infused products may include, but not limited to:

- edibles such as baked goods, candy or lozenges;
- teas and sodas;
- tinctures, tonics, and oils which are added to food, medicines, and liquids, or consumed directly in small drops or by placing drops under the tongue;
- topicals, which are applied directly onto the skin in the form of oils, balms, salves, lotions, sprays or ointments.

### Pros

- Provide long-lasting relief
- Good alternative for people averse to inhaling
- Dosage may be more precise than with smoked products
- Topical cannabis does not produce a psychoactive effect

### Cons

- Can take more time to be effective
- Dosage can vary widely depending on weight, metabolism, experience, and other factors
- Appealing to children and pets (and should be locked up to avoid accidents)
- Creates a different “high” than smoking which may be unfamiliar to patients

## How will medical cannabis-infused products affect me?

The effects of medical cannabis-infused products are much different than smoking or vaporizing. Medical cannabis-infused products usually have a longer effect on the body and those effects vary from person to person and are dependent on the type and amount consumed, as well as the method in which they are consumed.

New users often experience different effects than more experienced users. Some medical cannabis patients feel no effect the first time they try it. Others — especially those who use too much their first time — may experience unpleasant feelings, such as an increased heart rate or a sense of paranoia.

## What should I know before using medical cannabis-infused products?

Registered patients should use caution when using medical cannabis-infused products. It is much easier to over-consume and over-medicate with ingested products. It is important to understand there are two very significant differences between inhaling and ingesting medical cannabis:

- Ingesting medical cannabis typically produces stronger and longer-lasting effects because of the way the body processes it.
- Inhaling medical cannabis results in an immediate effect, which peaks within 10 - 15 minutes, while ingesting medical cannabis can take up to two hours to take effect and can peak for a couple of hours after that.

## If you choose to use medical cannabis-infused products

1. Do not eat raw cannabis - raw cannabis does not deliver therapeutic benefits and is not recommended.
2. Beware of the potency of cannabis-infused products. Start with a low dosage and go slowly. Always read the product packaging label. Some products, such as dense, rich brownies can take longer to digest, which means it will take longer to feel the effects. Products like infused drinks and tinctures are absorbed into the body much more quickly, so the effects will be felt much sooner.
3. Review the labeling of each medical cannabis-infused product.

