



Medicinal Cannabis

Patient Log Book

**Record your cannabis use and
find the right dose**

Introduction

A federal system is in place for medicinal cannabis that is distinct from recreational sales. To get medicinal cannabis you must:

1. Get a medical document from a healthcare practitioner; and
2. Buy it from a licensed cannabis producer.

This log book allows you to track your experiences with medicinal cannabis. This will help your pharmacist to monitor your condition and recommend dose changes, if needed.

Cannabis may not be recommended if you:

- Are under the age of 25;
- Are allergic to any component of cannabis or to its smoke;
- Are pregnant, are planning to become pregnant or are breastfeeding;
- Have serious liver, kidney, heart or lung disease;
- Have a personal or family history of serious mental disorders such as schizophrenia, psychosis, depression, or bipolar disorder; or
- Have a history of alcohol or drug abuse or substance dependence.

Ask your pharmacist if cannabis can affect any of your medications (over-the-counter or prescription) or health conditions.

About Cannabis

Tetrahydrocannabinol (THC) and cannabidiol (CBD) are the main components of cannabis. THC causes the euphoric ('high') effect associated with cannabis, while CBD is the non-intoxicating component. Depending on the strain of cannabis, THC and CBD come in different ratios. There may be fewer side effects if you start off with a strain of cannabis that is high in CBD and low in THC. Finding the right dose of cannabis should be based on your individual needs and side effects. The general rule of cannabis dosing is to "start low and go slow" until you reach the lowest dose that causes symptom relief.^{3,4}

Cannabis comes in many forms and can be taken by different methods. The dried cannabis plant can be smoked or vaporized, while "edibles" that are made with cannabis oils can be eaten. Smoking cannabis is never recommended as it can expose you to many of the same harmful chemicals as tobacco smoke. Vaporized or edible cannabis are safer options than smoking.⁵ The table below compares the effects of inhaled and edible cannabis.³

	Inhaled (smoked or vaporized)	Edible (oil)
Onset of effect:	5-10 minutes	30-60 minutes
Peak effect:	10-20 minutes	2-4 hours
Duration of effect:	2-4 hours (up to 24 hours)	4-6 hours (up to 24 hours)

About Me

I am using cannabis for:

Current and/or past medications I am taking for:

What is/was the medication?	Am I still taking this?	What is/was the dose?	How many times per day?	Comments:
	<input type="checkbox"/> Yes <input type="checkbox"/> No			
	<input type="checkbox"/> Yes <input type="checkbox"/> No			
	<input type="checkbox"/> Yes <input type="checkbox"/> No			
	<input type="checkbox"/> Yes <input type="checkbox"/> No			
	<input type="checkbox"/> Yes <input type="checkbox"/> No			
	<input type="checkbox"/> Yes <input type="checkbox"/> No			

Goals of cannabis treatment:

- 1) _____

- 2) _____

- 3) _____

Side Effects

In this log book, document any side effects that occur when you take cannabis to help you find the right dose and strain. The table below lists some of the more common side effects of cannabis.³

Racing heartbeat	Slow reflexes	Forgetfulness
Drowsiness	Impaired motor skills	Lack of concentration
Dizziness	Dry mouth	Nervousness
Confusion	Increased appetite	Paranoia
Euphoria, relaxation, distorted perception ("high" state)	Dry eyes	Panic
Headache	Red eyes	Cough

Note – this list does not include every possible side effect of cannabis.

Log

Date:					Medical Condition:						
TYPE AND DOSE											
Name of Strain:			THC % or mg/mL:				Amount of cannabis per dose:				
Name of Licensed Producer:			CBD % or mg/mL:				Number of doses per day:				
Method of use: <input type="checkbox"/> Vaporized (dried plant) <input type="checkbox"/> Smoked (dried plant) <input type="checkbox"/> Edible (oil or plant) <input type="checkbox"/> Oral capsule (oil) <input type="checkbox"/> Other, please specify:											
Time when cannabis was used:			Time when symptom relief started:				Time when effects of cannabis were no longer felt:				
SYMPTOM 1: (where "1" is low severity and "10" is high severity)											
Symptom 1 severity before cannabis use:	1	2	3	4	5	6	7	8	9	10	
Symptom 1 severity after cannabis use:	1	2	3	4	5	6	7	8	9	10	
Time to onset of symptom 1 relief:			Duration of symptom 1 relief:				Comments:				
SYMPTOM 2: (where "1" is low severity and "10" is high severity)											
Symptom 2 severity before cannabis use:	1	2	3	4	5	6	7	8	9	10	
Symptom 2 severity after cannabis use:	1	2	3	4	5	6	7	8	9	10	
Time to onset of symptom 2 relief:			Duration of symptom 2 relief:				Comments:				
SIDE EFFECTS (where "1" is low severity and "10" is high severity)											
Side effect 1 severity:	1	2	3	4	5	6	7	8	9	10	
Side effect 2 severity:	1	2	3	4	5	6	7	8	9	10	
Side effect 3 severity:	1	2	3	4	5	6	7	8	9	10	
Side effect 4 severity:	1	2	3	4	5	6	7	8	9	10	
Side effect 5 severity:	1	2	3	4	5	6	7	8	9	10	
Comments:											
How was this dose?	Too Low			Appropriate				Too High			

References

1. Health Canada. August 2016. Understanding the New Access to Cannabis for Medical Purposes Regulations. Available from: <https://www.canada.ca/en/health-canada/services/publications/drugs-health-products/understanding-new-access-to-cannabis-for-medical-purposes-regulations.html>
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3. RxTx. Ottawa (ON): Canadian Pharmacists Association; c2018. CPS online: Cannabis. Available from: www.myrxtx.ca
4. The Centre for Addiction and Mental Health. Cannabis. Available from: <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/cannabis>
5. College of Family Physicians of Canada. Authorizing Dried Cannabis for Chronic Pain or Anxiety: Preliminary Guidance from the College of Family Physicians of Canada. Mississauga, ON: College of Family Physicians of Canada; 2014. Available from: https://www.cfpc.ca/uploadedFiles/Resources/_PDFs/Authorizing%20Dried%20Cannabis%20for%20Chronic%20Pain%20or%20Anxiety.pdf