

# GENERAL TITRATION GUIDE FOR INGESTED CANNABIS



## DOSING GUIDELINES

- This is an empirical dosing guideline for **CANNABIS OILS** and should be taken as directed by the Physician and Patient Educator
- Oils are for **ORAL administration** and should be taken **two to three times daily approximately 6-8 hours apart**
- If prescribed for nighttime symptoms, oils are for **ORAL administration** and should be taken **approximately 30 - 90 minutes before going to bed**
- It is recommended to start at a low dose and **increase the dose every 3 days if needed**. You do not have to increase doses any further when you have achieved optimal therapeutic relief/results
- Rate of response can vary from individual to individual, and it is important to remain compliant to the dosing schedule even if no benefits are seen after two weeks of daily administration
- Please stop administration of the oil if you experience **potential side-effects**

## CAUTIONS

- Cannabis oils should be administered **2 hours before or after** the following medications:
  - Anti-epileptics (Clobazam and Valproic Acid/Sodium Valproate)
  - Blood Thinners (Warfarin/Coumadin/Heparin)
- Dry mouth, drowsiness and/or impairment (THC ONLY) may be a common side-effect of taking cannabinoid-based medications

| DAY   | AM DOSE | MIDDAY DOSE | OPTIONAL PM DOSE |
|-------|---------|-------------|------------------|
| 1-3   | 0.25 mL | 0.25 mL     | 0.25 mL          |
| 4-6   | 0.5 mL  | 0.5 mL      | 0.5 mL           |
| 7-9   | 0.75 mL | 0.75 mL     | 0.75 mL          |
| 10-12 | 1 mL    | 1 mL        | 1 mL             |
| 13-15 | 1.25 mL | 1.25 mL     | 1.25 mL          |
| 16-18 | 1.5 mL  | 1.5 mL      | 1.5 mL           |
| 19-21 | 1.75 mL | 1.75 mL     | 1.75 mL          |
| 22-24 | 2 mL    | 2 mL        | 2 mL             |
| 25-27 | 2.25 mL | 2.25 mL     | 2.25 mL          |
| 28-30 | 2.5 mL  | 2.5 mL      | 2.5 mL           |

## REFERENCES

MacCallum, C. A., & Russo, E. B. (2018). Practical considerations in medical cannabis administration and dosing. *European Journal of Internal Medicine*, 49, 12-19. doi:10.1016/j.ejim.2018.01.004

Nazarenus, C. (2020). *Medical cannabis handbook for healthcare professionals*. New York, NY: Springer Publishing Company.

Wright, P., Walsh, Z., Margolese, S., Sanchez, T., Arlt, S., Belle-Isle, L., Costiniuk, C. (2020). Canadian clinical practice guidelines for the use of plant-based cannabis and cannabinoid-based products in the management of chronic non-cancer pain and co-occurring conditions: Protocol for a systematic literature review. *BMJ Open*, 10(5). doi:10.1136/bmjopen-2019-036114

Chang-Douglass, S., Mulvihill, C., & Pilling, S. (2020). Cannabis-based medicinal products: Summary of NICE guidance. *Bmj*, M1108. doi:10.1136/bmj.m1108

If you have any questions or concerns about your medical cannabis and treatment, please contact your cannabis clinic or health care professional.

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# STANDARD TITRATION FOR INHALED FLOWER



## DOSING GUIDELINES

- Loading the Chamber - Place a small amount of ground cannabis flower (0.10 to 0.25 grams) into the heating chamber of the vaporizer
- Warming Up the Unit - Vaporizers typically require 30 seconds to 1 minute to warm up. This process begins as soon as you turn on the device. Most units have an indicator light that tells you when the desired temperature has been reached
- Adjusting Temperature - Some units are set to a fixed temperature ideal for vaporization, while others allow custom control. Many devices offer exact and/or low, medium, and high settings. A range of about 155-200°C (311-392°F) is commonly used, but lower or higher temperature can be used depending on your preferences. Temperatures over 210°C (395° F) will cause combustion (which should be avoided)
- Inhalation - Once the device is activated and warmed up, you may begin inhaling through the mouthpiece. Start with one short and shallow inhalation, and carefully assess effects for at least 10 minutes before taking longer and deeper inhalations. Continue to take one inhalation every 5-10 minutes as needed
- Completion - When vaporizing, the quantity of cannabinoids consumed will gradually decrease from one inhalation to the next. This process turns the flowers from green to brown during use. If the vapor becomes thin and begins to lose flavor and/or colour, this means the flowers can be discarded. Dry flower may be used for more than one session until there is no more compounds left in the dry flower to be vaporized

## DIRECTIONS

- This is an empirical dosing guideline for DRY FLOWER CANNABIS PRODUCTS and should be taken as directed by the Physician and Patient Educator
- Dried flower is to be used for Inhalation (by mouth) using a vaporizer device and should be taken as needed
- Vaporizers vary in form and function, and it is important to read and follow the instructions on how to operate the device
- Inhalation of cannabis is typically used for 'breakthrough' relief of symptoms. The Rate of response can vary from individual to individual
- Please stop using the medication if you experience potential side-effects

## CAUTIONS

- Cannabis should be administered 2 hours before or after the following medications:
- Anti-epileptics (Clobazam and Valproic Acid/Sodium Valproate)
- Blood Thinners (Warfarin/Coumadin/Heparin)
- Gradually increasing the dose will at first result in stronger effects, but after a certain point (unique to each individual), subsequent dosage increases can result in weaker and weaker therapeutic effects, accompanied by an increase in unwanted effects
- Smoking or combustion is strongly discouraged. High heat temperatures cause the release of toxic compounds. When inhaled this causes irritation and aggravates the respiratory system
- Dry mouth, drowsiness, and impairment (with THC) may be a common side-effect of inhaling cannabinoid-based medications

## REFERENCES

MacCallum, C. A., & Russo, E. B. (2018). Practical considerations in medical cannabis administration and dosing. *European Journal of Internal Medicine*, 49, 12-19. doi:10.1016/j.ejim.2018.01.004

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