



# Procedure: Finding The Right Dose

## Keep In Mind

- Use the smallest amount of a medicine required to bring about the effect.
- The effects of a high dose can be opposite of the effects of a low dose.
- Recommended doses are different for new vs. experienced users.
- Different doses are needed for symptom management vs. disease treatment.
- People's bodies react differently to cannabis.

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## Procedure

1

Address any potential drug interactions with other treatments, including:

- Opioid dose often decreases by 50 to 80% in the first week.
- Benzodiazepines can slowly be replaced by cannabis treatments.
- Monitor serum levels for antiepileptic, chemotherapy, and other drugs.

2

*Note: Experienced users consume more than 1/8 oz of flower (or equivalent) per week. They are likely to have a high level of tolerance and a suppressed ECS.*

(Experienced users only) Complete a 5-day cannabis sensitization protocol. This will stimulate the ECS to produce more receptors.

3

Keep a diary that tracks strain preferences, administration methods, responses, and doses used for each product and method.

4

***WARNING: New users should avoid driving or operating machinery for at least 4 hours after using sublingual or inhaled cannabis, and for at least 10 hours after eating an edible.***

Start cannabis medicine with a dose that is half of the minimum required for therapeutic effect. Take in an environment that feels safe and secure. Initial products may include:

- Tincture: 1 to 2 mg total cannabinoids, sublingually 4 times/day
- Vapor: 1 puff, 3 to 4 times/day

5

After four or five days, increase each dose by 2 or 3 milligrams.

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Continue to increase the dose every four or five days until they find their optimal therapeutic dose—an amount that relieves their symptoms without causing intolerable side effects.

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