

Cannabis CareGuide

How do I talk to my healthcare provider about cannabis?

Your healthcare provider wants to work with you to help to improve your health. He/she also knows a lot about you, your medical conditions and the medications you take.

Before starting cannabis, it is important that you talk to your healthcare provider to make sure it is right for you. When booking the appointment, it is best to let them know that the appointment will be for a cannabis discussion. This will make sure there is enough time to discuss cannabis.

Getting ready for your cannabis appointment

Before seeing your healthcare provider, it would be helpful if you could think of the answers to the following questions. This will make it easier for your healthcare provider to see if cannabis is right for you.

The best way to take medical cannabis

If your healthcare provider thinks that cannabis is right for you, there are a few questions that you should ask before starting to use it.



COMMON QUESTIONS YOUR HEALTHCARE PROVIDER MIGHT ASK

- What are you hoping cannabis will help?
- What other treatments have you tried for this condition/symptom?
- Have you ever used cannabis before? If yes, when/how did you use it?
- Did you have any side effects?
- What are your other medications/medical conditions?

COMMON QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER

- Which cannabis strain would work best for you?
- How/when should you take it?
- What dose of cannabis should you should start with?
- How should you adjust your cannabis dose?
- What to do if you have any problems?
- When you should be seen again?