

Edible Cannabis Affects People Differently

'start low - go slow'

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Quick Tips for Edibles

- Start with small amounts: 2.5 mg of tetrahydrocannabinol (THC) or less for products that you eat or drink
- Don't take more right away - effects from an edible cannabis product may not be felt for 2 hours, and may take 4 hours for effects to peak
- Clear your schedule – the effects from edible cannabis last 4 to 12 hours with some effects lasting up to 24 hours
- Label and store all cannabis securely. Edible cannabis often looks like regular food such as baked goods or candy; to reduce the risk of accidental consumption label your cannabis edibles and store them securely away from food products and out of the reach of children and pets.
- Always obtain cannabis and cannabis products from a legal source.
- If you or someone you know has accidentally consumed cannabis or consumed too much and is not well, seek immediate assistance:
 - Call BC Poison Control Centre: **1 800-567-8911**, or **604 682-5050**.
 - Call 911 or go to your local hospital emergency department.



About Using Edible Cannabis

- Many people are aware of the immediate psychoactive effect associated with smoking cannabis but may not be aware of the delayed onset and the extended duration of the effects associated with edible cannabis.

Start low, go slow

- The psychoactive effect of cannabis is mainly caused by THC. Using low dose products containing no more than 2.5mg THC may assist you in determining your individual response to, and comfort level with, the effects of edible cannabis.
- You may find that one 2.5 mg THC dose is enough, but if you choose to increase your dose, wait at least two hours before taking a second 2.5 mg THC dose.
- This careful small-dose approach will help you avoid over consumption that can result in unpleasant effects including extreme sedation/inability to move, anxiety, paranoia, hallucinations, delusions, rapid heartbeat, or respiratory depression.

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- If you or someone else experiences these unpleasant or harmful effects, stop using cannabis and seek medical attention immediately.
- Before experimenting with small doses of edible cannabis you may want to ensure you are in a safe place, like your home, with people you trust. Also, you may want to ensure you have at least eight hours free and that you will not need to drive, operate machinery or be responsible for others.

Duration

- It takes anywhere from 30 minutes to 2 hours to begin to feel the effects of edible cannabis and up to 4 hours to feel the full effects. The intoxicating effects can last up to 12 hours, with some residual effects lasting up to 24 hours, so you could be affected into the next day.
- How soon and how long a person experiences the effects of edible cannabis depends on individual factors including weight, metabolism, sex, and whether the cannabis is eaten on an empty stomach.
- The psychoactive effect of edible cannabis has a relatively slow onset which increases the risk of over consumption. Pay attention to how long it takes to feel the onset and full effect, as well as how long the effects lasts.



Use legal, regulated cannabis

- Whether you are making your own cannabis edibles or buying ready-made cannabis products, get your cannabis from a legal source such as a licensed store, BC Cannabis Stores, the online BC Cannabis Stores website, or through the federal medical cannabis system.
- Cannabis products from licensed producers are strictly regulated to ensure they are fit for human consumption including mandatory testing for the presence of solvent residues and contaminants such as pesticides, mould, bacteria, and heavy metals.
- Regulated cannabis products are also tested to confirm THC and Cannabidiol (CBD) content.
- While the labels of some illegally produced cannabis products may show purported THC and CBD concentrations as well as other information, this information may not be accurate so cannot be trusted.

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Cannabis: Inhaling vs Ingesting

To lower your risk of the harmful effects of cannabis, you need to understand the differences between the two most common ways of consuming it.

INHALING — smoking or vaping —	INGESTING — eating or drinking —
<p>Cannabis smoke or vapour delivers THC, the chemical that gets you high, into your lungs where it passes directly into your bloodstream and then your brain.</p> 	<p>Edible cannabis travels first to your stomach then to your liver before getting into your bloodstream and brain. The liver converts THC into a stronger form and this combined with the THC from the original product adds to the intensity of the high.</p> 
<p>You will feel the effects from seconds to a few minutes of inhaling.</p> <p>Full effects can peak within 30 minutes.</p> <p>Effects can last up to 6 hours after use. Some residual effects can last up to 24 hours.</p>	<p>You will feel effects within 30 minutes to 2 hours of ingesting.</p> <p>Full effects can peak within 4 hours.</p> <p>Effects can last up to 12 hours after use. Some residual effects can last up to 24 hours.</p>
<p>START OF EFFECTS</p>  <p>PEAK EFFECTS</p>  <p>LENGTH OF EFFECTS</p> 	

TIPS FOR LOWER-RISK USE

- If you are new to edible cannabis or cannabis, start low by consuming an edible cannabis product with no more than 2.5 mg of THC. For smoking or vaping cannabis, start with a product that contains no more than 100 mg/g (10%) THC content.
- Inhaling too much THC at one time or consuming more edible cannabis within 4 hours can lead to over-intoxication.
- Be sure to read the label carefully for information on the THC concentration.
- Using high-strength cannabis regularly – more than once per week – can lead to tolerance and dependence. Try to limit your use of these products.
- Avoid mixing cannabis with alcohol or other substances, which can lead to serious adverse health effects.



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