



Safe Techniques and Varied Effects of Cannabis Consumption

Inhaling Cannabis:

There are two main ways to inhale when smoking or vaping cannabis. The first involves pulling the smoke into your mouth and inhaling it into your lungs which allows the smoke to cool a bit before it enters your lungs. The second method involves pulling the cannabis smoke directly into your lungs without having the smoke pause in your mouth. It's a matter of personal preference which method you choose as the rest of the process remains the same.

Begin by exhaling completely to prepare your lungs. Place the tip of the vaporizer, joint, or pipe between your lips. Draw in vapor or smoke for 1-3 seconds. Remove the device from your lips, inhale fresh air until your lungs are completely full. Hold your breath for 3 seconds, then exhale completely. When trying a new strain, it's best practice to wait 10-15 minutes between puffs to assess if you have achieved your desired effect or if you require additional inhalations .

Different Devices for Inhalation: Choosing Your Tool

- **Dry Herb Vaporizer:** This device heats cannabis flower to evaporate, not burn, the plant material, offering a healthier and cost-effective inhalation method.
- **Glass or Stone Pipe:** For a more pleasant experience choose a pipe made of glass or ceramic. Wood pipes can sometimes burn producing unwanted smoke and unpleasant tastes. Metal pipes can sometimes produce a metallic taste.
- **Cannabis Cigarettes (Joints):** When choosing a paper for your joint, you should try to work with the thinner papers as they typically burn more slowly than thicker paper and produce less unwanted smoke. Filters in a joint can help to prevent inhaling bits of ground cannabis, improve the taste and quality of the smoke, and provide structural support.
- **Water-Filtered Pipes (Bubblers and Bong):** Water pipes use water to filter smoke before it is inhaled. Sometimes very cold or ice water is used to provide a cool sensation when inhaling. Smaller water pipes may get clogged up much more quickly and require more regular cleaning.
- **Vape Pens/Batteries:** Certain pens/batteries have temperature control settings to automatically adjust and keep the coil and your vape at the chosen temperature.



Tincture Administration:

Shake the tincture bottle well before each use. The dropper top included with the bottle should have graduations/markings that you can use to measure your dose.

Fill the dropper to the level recommended by dispensary staff or to your desired dose. Make sure to check if your dose will be in DROPS or MLs. Avoid filling the dropper completely to prevent accidental over-administration.

Under the Tongue (Sublingual):

- Place the dose under the tongue and keep it there until it is absorbed or for 60 seconds then swallow the remainder.
- No more than 3-4 drops should be placed under the tongue at a time to allow for the best absorption.
- If your dose requires many drops, divide administrations of 3-4 drops every 1-2 minutes to allow for full absorption.
- Duration: When used under the tongue (sublingually), drops will take approximately 10-40 minutes to onset, and will last for 2-6 hours.

Swallowed:

- Place the dose on your tongue and swallow. When squeezing the dropper bulb, do so gently.
- If you are having difficulty placing your tincture directly on your tongue, you can also place your dose onto a cracker, into a bite of yogurt or applesauce, or simply onto a spoon to take by mouth.
- DO NOT place your dose into a large volume of liquid, like into a glass or mug, as some of the medication could stick to the side of the cup and you will have lost your dose.
- Duration: When swallowed, drops will take approximately 30 minutes to 2 hours to onset, and will last for approximately 6-12 hours.

When increasing your tincture dose, do so gradually based on your desired effect and ability to tolerate the effects. A dose should be tested at 3 separate times before increasing to a larger dose.

Topicals

Topicals such as creams and lotions are for external use only. You should avoid contact with sensitive areas such as the eyes, mouth, or open wounds. Transdermal topicals and suppositories can produce a more pronounced relief as they are absorbed more easily into the skin.