


# Patient's Guide to Medical Cannabis



UTAH THERAPEUTIC  
HEALTH CENTER

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Congratulations on taking  
the first steps on your  
journey to feeling better!

# Common Cannabis Terms and Definitions

## Cannabis Sativa

The scientific name for the cannabis plant. You might refer to it as cannabis, weed, pot, marijuana, or mary jane, and that's just fine. The two varieties of cannabis, sativa and indica, are considered subspecies.

## Cannabinoids

Compounds that interact with our bodies' cannabinoid receptors, produced naturally within our bodies and found in the cannabis sativa plant. THC and CBD are the most well known, but there are at least 144 known cannabinoids.

## Tetrahydrocannabinol (THC)

There are 4 major types of THC present in the cannabis plant, THCa, THCv, Delta-8 THC, and Delta-9 THC, and they all have different medical benefits. For example, Delta-9 THC is responsible for giving you a head high.

## Cannabidiol (CBD)

One of our favorite cannabinoids! CBD helps relieve pain, works as a sleep aid, decreases stress, and much more. Unlike THC, CBD doesn't get you high and even helps buffer the effects of THC when needed.

## Terpenes

Compounds found in a variety of plants, including cannabis, terpenes are responsible for the aromas, flavors, and some of the therapeutic benefits of cannabis.

## Endocannabinoid System (ECS)

We all have an endocannabinoid system (ECS) which produces and processes cannabinoids. It works hard to regulate lots of systems, including memory, digestion, motor function, immunity, inflammation, appetite, pain, blood pressure, bone growth, and the protection of nerve and brain tissues, just to name a few.

## Entourage Effect

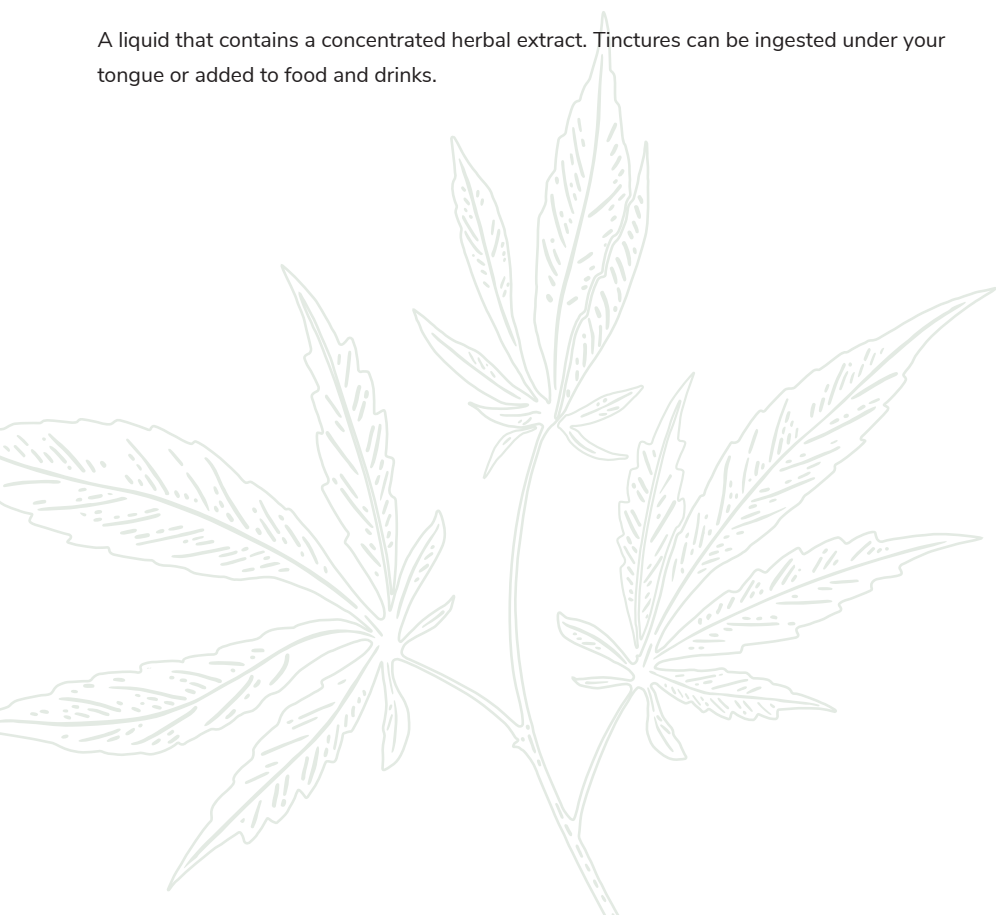
When each part of the plant works together in perfect harmony, primarily cannabinoids and terpenes, it creates a desirable and highly therapeutic experience known as the entourage effect. It's a beautiful thing.

## Isolate

A highly concentrated, purified form of an individual cannabinoid. CBD is one of the most common isolates you'll find.

## Tincture

A liquid that contains a concentrated herbal extract. Tinctures can be ingested under your tongue or added to food and drinks.



# Indica

vs.

# Sativa\*



Nighttime use /  
relaxing



Sleep aid



Appetite stimulant



Pain reliever



Daytime use /  
alertness



Uplifting &  
euphoric



Increases creativity



Energizing

\*Effects of different strains may vary

# What's allowed in Utah?

## Cannabis forms:

- Unprocessed cannabis flower (raw bud)
- Gelatinous cubes
- Concentrated oils (vaping oil/wax)
- Topicals (cream, rub, salve)
- Tinctures
- Transdermal patches
- Tablets or capsules

## Patients can have (within a 28-day period):

- Up to 113 grams (4oz) of unprocessed cannabis flower (raw bud)
- Up to 20 grams of total composite THC and all other medicinal forms (cartridges, oils, creams, wax, tincture, etc.)
- Dry herb vaporizer or electric dab rig

# What's not allowed?

- Smoking cannabis using a flame
- Dabbing using a flame
- Candies, cookies, brownies, and other edible products (except gelatinous cubes!)
- Crossing state lines with cannabis
- Using your medicine in the presence of any person younger than 18

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## Note:

Utah law prohibits use when operating a motor vehicle, in or on the grounds (and within 100 feet) of a house of worship, library, place of business, public park, amusement park, arcade, recreation center, public or private school, post-secondary institution, or childcare facility. The only exception to these restrictions is in the case of a "terminal emergency medical condition." For more info, see [utmmj.org/state-faqs](http://utmmj.org/state-faqs)

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# Remember to:

## **Start low and go slow.**

A low dose is 2.5mg THC. This is 1/4-1/2 of a dropper of tincture, a portion of a 10mg gelatinous cube, OR 1 inhalation from a vape cartridge. If you do take too much, you may feel uncomfortable, but that feeling will go away and isn't life threatening.

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## **Be patient with edibles.**

Keep in mind, it could be 60-90 mins before you feel any effect. Resist taking additional edibles for at least 2 hours until you know your tolerance.

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## **Follow your recommended dosage.**

Your QMP or PMP has a treatment plan in mind. If you feel you need more or less, they can adjust this for you.

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## **Keep your card active.**

Once you get your Medical Cannabis Card, keep an eye on your expiration date. You're only legal with an active card!

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## **Keep your card with you.**

Have your card on you every time you have cannabis or a dry herb vape in your possession.

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## **Stay in touch.**

Reach out to us with any questions, concerns, or changes to your treatment. We're here for you.



# Cannabis Safety

Marijuana is remarkably safe. Based on thousands of years of use and extensive research, we know it's impossible to fatally overdose on cannabis.

## **If you're unfamiliar with cannabis, you should know these are possible side effects:**

- Euphoria / giddiness
- Dry eyes / mouth
- Drowsiness
- Hunger / thirst
- Uneasiness / Paranoia

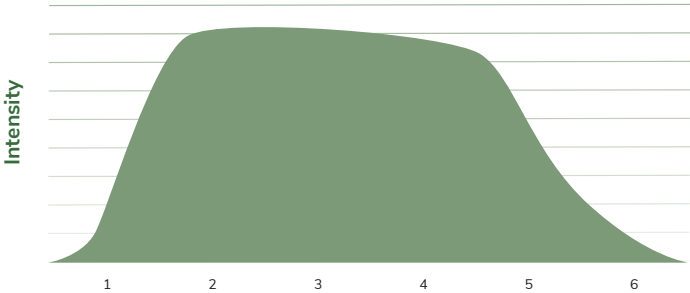
## **If you do feel uncomfortable, don't panic. Everything will be ok. You can try:**

- CBD – it can tame the head high of THC
- Taking a nap
- Sitting in your favorite space
- Breathing exercises / meditation
- Listening to music
- Enjoying nature
- Stretching
- Drinking water

# How long does it last?

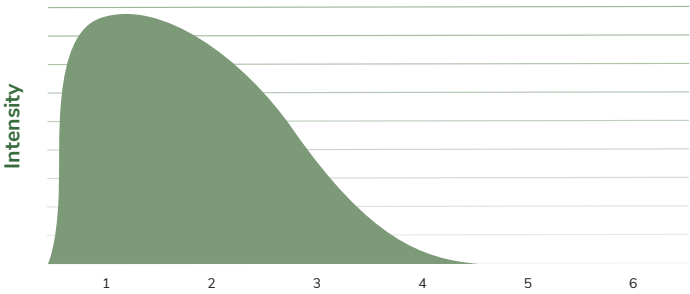
**Tinctures / Edibles**

5-6 hours



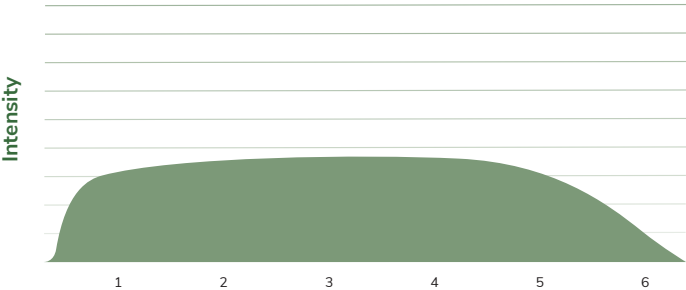
**Flower / Vaporizers**

3-4 hours



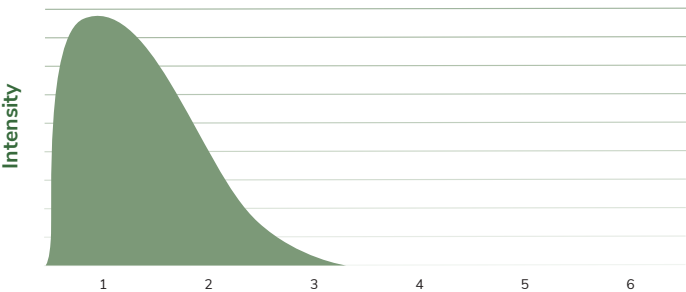
**Topicals**

1-6 hours



**Concentrates / Vape Cartridges**

2-3 hours



# How do I get my card?

We put together a helpful guide to walk you through the process at [utmmj.org/next](https://utmmj.org/next)



**Still have questions? We're here for you.**



801.851.5554



[utahmarijuana.org](https://utahmarijuana.org)



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