# THE GUIDE TO SAFER CANNABIS CONSUMPTION

*New York*



# TABLE OF CONTENTS

NEW YORK STATE | Office of Cannabis Management

# THE GUIDE TO SAFER CANNABIS CONSUMPTION *New York*

## Introduction

The purpose of this guide is to break down the basics of cannabis. It is intended to serve as a resource to empower adults (21 years of age and older) who consume or are considering consuming cannabis as part of the adult-use cannabis market in New York State.

This guide is an overview of what you may see in the adult-use market and is by no means an exhaustive list of each topic. The information provided represents the current cannabis research and the document will be updated as new data becomes available.

Cannabis products from the medical program may differ from the adult-use market in product form, serving size, and pricing. To learn more about the New York State Medical Cannabis Program, go to https://cannabis.ny.gov/medical-cannabis.


4 What is Cannabis?
6 Cannabis and the Body
7 Cannabis Cultivars
8 Understanding the Law in New York
10 Cannabis Product Types
12 New York Universal Cannabis Symbol
13 New York Dispensary Verification Tool
14 Measuring Cannabis
16 Considerations for Cannabis Consumption
18 Creating A Safer Cannabis Experience
19 Choosing The "Right" Serving Size
20 Consuming Cannabis Responsibly
21 Start Low And Go Slow
22 What to Know Before You Consume Cannabis
24 What are the Effects Of Cannabis?
25 What if You've Overconsumed?
26 Tolerance, Withdrawal, Addiction
28 Cannabis Reminders And Resources
30 Cannabis Journal

# WHAT IS CANNABIS?

NEW YORK STATE | Office of Cannabis Management

## Cannabis (commonly known as marijuana or weed)

is from the Cannabaceae plant family and has many different uses. Cannabis has been used for thousands of years to treat medical conditions, in spiritual practices, to support wellness and for recreational purposes. The cannabis plant has hundreds of compounds, but the ones you hear about the most are **cannabinoids** and **terpenes.**

**THC or Tetrahydrocannabinol** (Delta-9-THC) is a cannabinoid known for its psychoactive effects, or the feeling of being high.

**CBD or Cannabidiol** is the second most prevalent cannabinoid in cannabis. Many people who grow hemp, grow varieties that are high in CBD. Unlike THC, CBD does not cause a "high" or psychoactive effect by itself.

**Cannabinoids** come from **trichomes (resin glands),** found on the **plant's buds, flowers and leaves.** There are hundreds of these chemical compounds found in the cannabis plant and they vary from strain to strain **(see cultivar section).**

There are hundreds of cannabinoids that researchers are currently studying. To truly understand how cannabis might affect you, it's important to have a basic understanding of how these active chemicals interact with each other and in your body.

Botanically derived **terpenes** are naturally occurring organic compounds found in practically all plant life, including cannabis. Terpenes are similar to essential oils and are responsible for the scent of cannabis and contribute to its flavor. For example, some common terpenes give the scent of citrus (limonene), pine (pinene), lavender (linalool), and black pepper (caryophyllene).

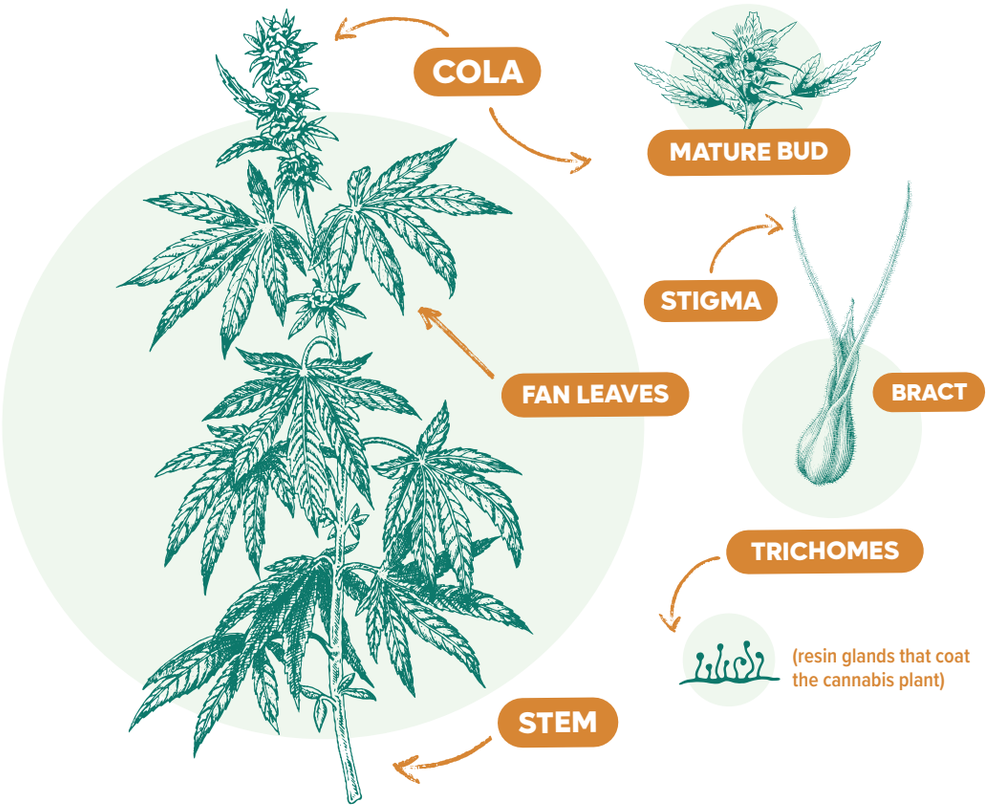
- **Citrus (limonene)**
- **Pine (pinene)**
- **Lavender (linalool)**
- **Black pepper (caryophyllene)**

Some research indicates that terpenes have the potential to influence the effects of cannabis by interacting with cannabinoids – creating a therapeutic effect.

**Flavonoids** are a group of compounds that have been found in foods and plants, including cannabis. They affect the taste and smell of cannabis and may be responsible for some antioxidant and anti-inflammatory effects.

Researchers are studying how cannabinoids and terpenes work together to create the unique medicinal effects of the cannabis plant. This is referred to as the **"Entourage Effect."**

## ANATOMY OF A CANNABIS PLANT




## What Is Hemp?

Hemp is the same plant as cannabis but there are specific cultivars (strains) that are grown to meet a legal definition of having less than 0.3% THC.

# CANNABIS AND THE BODY

NEW YORK STATE | Office of Cannabis Management

## The Endocannabinoid System (ECS)

**helps regulate the central nervous system and secondary systems (like the respiratory and muscular systems) that help communicate information throughout the body.**

Think of the ECS as a network of electrical outlets across our body systems. When various chemicals plug into these outlets, known as cannabinoid receptors, the receptors activate and the effect is produced. Here are types of cannabinoids that stimulate those receptors:

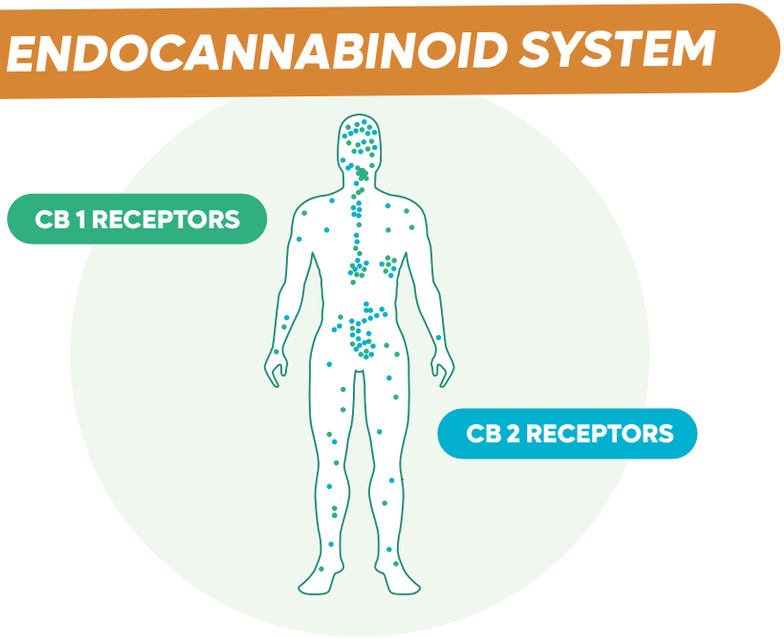
- **Endocannabinoids:** (i.e. anandamide) cannabinoids produced by the body.
- **Phytocannabinods:** cannabinoids produced by cannabis and hemp plants. There are also cannabinoids **chemically extracted from hemp** (i.e. Delta-8). Be careful when consuming them if purchasing from an unregulated vendor.
- **Synthetic Cannabinoids:**
  - **Illegal K2 and Spice** are not from the cannabis plant and can even potentially be fatal when consumed.

**Cannabinoid receptors** are found throughout the body. Phytocannabinoids and endocannabinoids bind to receptors in the body like a lock and key. Cannabinoid Receptors are categorized as **Cannabinoid (CB) Receptors 1 and 2.**

**CB1 receptors** are found all over the body and affect areas of the brain that regulate appetite, memory, fear and motor responses in the central nervous system. CB1 receptors are also found in the gastrointestinal tract, fat cells, liver, and skeletal muscle. THC tends to bind to CB1 receptors which explains its psychoactive effects.

**CB2 receptors** are primarily found in cells that are a part of the immune system and regulate secondary systems like the respiratory system or muscular system and are responsible for how information is communicated through our body.

Though there is more for researchers to discover about the endocannabinoid system, it is understood that both THC and CBD can act on these receptors but behave in different ways. When CBD interacts with these receptors, it can produce anti-inflammatory effects, help prevent spasms, and help with pain.




## Cannabis Cultivars (STRAINS)

**Cultivars** (or strains as they are commonly referred to) are unique in their cannabinoid and terpene combinations. You'll often hear or see terms like **"Indica"** (known for its relaxing effects), **"Sativa"** (known for its uplifting effects), and **"Hybrid"** (somewhere in between) to describe the effects of a particular cannabis strain.

However, these three terms alone aren't enough to tell you which of the hundreds of combinations of cannabinoids and terpenes are in the product you are selecting.

To understand how a cannabis product may make you feel, look for the:

- **Cultivar name**
- **Product potency** (For edibles is it made with hash, distillate, live resin?)
- **Cannabinoid content** (milligrams of THC, CBD, and other cannabinoids)
- **Terpenes present** (Linalool might make you sleepy, limonene might invigorate you)
- **It may be helpful to keep a journal** with each of these details to identify how each affected you. (See journal pages at the end of this guide)

# UNDERSTANDING THE LAW IN NEW YORK

NEW YORK STATE | Office of Cannabis Management

## Cannabis Is Legal In New York State For Adults 21 and Over

### (just like tobacco and alcohol)

Studies have shown that the brain is still developing until age 25. Research suggests that consuming cannabis while the brain is still developing can change how it builds connections that are important for attention, memory, and learning.

For information on cannabis consumption in youth and young adults, **click here to view the Office of Cannabis Management's Fact Sheet on our website.**



## WHAT IS LEGAL?

- ✓ **It is legal** for adults 21 and over to share cannabis (or give it away) with a person 21 years or older.
- ✓ **It is legal** for adults 21 and over to consume cannabis in a private home or in most places tobacco can be consumed. Cannabis **cannot** be consumed in motor vehicles, hookah/cigar bars, businesses, restaurants (including patios), federal property (including public housing), and most public and state parks as well as beaches.
- ✓ **It is legal** for adults 21 and over to possess up to 3 ounces of cannabis and 24 grams of cannabis concentrate (edibles, oil).
- ✓ **It is legal** for certified patients (or their designated caregiver 21+) who are registered with the medical cannabis program to cultivate medical cannabis at home.



## WHAT IS ILLEGAL?

- ✗ **It is illegal** to smoke or vape cannabis where smoking/vaping tobacco is prohibited (like restaurant patios or public parks). Please be mindful and considerate of those around you (i.e., do not consume near children or in youth related spaces).
- ✗ Since cannabis is still **illegal under federal law**, you can't consume on federal land, including national parks and forests, or federally funded facilities.
- ✗ New York recently passed a law that **prohibits smoking cannabis and tobacco in all New York State Parks and other New York State public outdoor spaces**. Local municipalities have also been granted the authority to impose a $50 maximum civil penalty on individuals who violate this law.
- ✗ **It is illegal** to cross state lines with cannabis, including medical cannabis.
- ✗ **It is illegal** to trade, barter, or "gift" cannabis to someone in exchange for something else. This includes "gifting" cannabis while selling something else (like a t-shirt or a sticker).
- ✗ **It is illegal** to drive under the influence of cannabis because cannabis can slow motor coordination and other skills needed to drive safely. It is also illegal for passengers to consume cannabis in a vehicle. If you drive under the influence of cannabis, you can be charged with a DUI.
- ✗ **Cannabis may not be grown or smoked in any federally funded or recognized public housing facility.** Growing cannabis, even for medical purposes, in public housing could result in your loss of housing support.

# CANNABIS PRODUCT TYPES

Office of Cannabis Management

## CONSUME



### Edibles

Cannabis is combined with different foods (gummies, baked goods, drinks) and metabolized (broken down) through the liver as the item is digested.



### Capsules/Tablets

Swallowed and absorbed into the digestive system, similar to a pill that does not contain cannabis.



### Tinctures

Cannabis liquids that are placed under the tongue with a dropper or syringe and absorbed.



### Lozenges/Films

These items dissolve in the mouth or under the tongue.

## APPLY



### Topicals

Typically applied to the skin and include lotions, ointments, and balms. Transdermal compounds, patches, and suppositories release medical cannabis into the body.

## INHALABLES



### Pre-Rolls

Dried cannabis flower is “rolled” into a cigarette-like shape using different kinds of smoking (rolling) paper.



### Pipes & Bongs

Dried flower or cannabis concentrates are placed into a pipe and smoked.



### Concentrates

Cannabis concentrate placed and inhaled from a smoking device (i.e. dabs, shatter, and wax).



### Vape (dried flower)

Cannabis smoked from either a dried flower vaporizing device or a concentrated cannabis oil cartridge.

Cannabis can interact with food, medications, and conditions/diseases differently. Consult with your healthcare provider for more information.

## Be Mindful Of The Risks Of Unregulated Cannabis Products

- Purchasing cannabis products from the New York State regulated cannabis market is safer than buying unregulated products. When you buy legal products, they are lab tested, and labeled accurately with all the information you need. Product labels include a link or a QR code with the product's laboratory testing results. Local budtenders (dispensary sales representatives) can also be a resource for specifics on different cultivars (strains).
- Some vape batteries allow hotter temperatures than others which can potentially release toxic chemicals from the battery and burn off cannabinoids. Use suggested cartridge temperatures and avoid batteries that cannot change the temperature.
- Each product label contains information about what makes up a serving size and how many servings are contained within the package. Each serving size contains a specific amount of cannabinoids and terpenes. **Click here to check out the OCM guide to reading New York State cannabis product labels on our website.**
- Unregulated cannabis products (those sold illegally by someone without a license) may contain heavy metals and pesticides, which can be harmful to your health. Unregulated products have been found to list inaccurate information including inaccurate amounts of THC or CBD.
- There are many unregulated products with NY universal symbols on the label however those products have no oversight.

Some unregulated products may replicate the New York Universal Symbol so make sure you are buying those products from a licensed store to be sure they aren't fakes. Turn the page to learn more!

## New York State Universal Cannabis Symbol

Cannabis products from the adult-use market in New York must have the **New York State universal symbol** on all packaging. Locate the universal symbol and COA before purchasing cannabis products in the state.







Click here for more information about adult-use cannabis product labels in New York State

New York adult-use cannabis products with this symbol are regulated, manufactured and tested by New York safety standards. Locate the universal symbol before purchasing cannabis products in the state if they are purchased from a regulated adult-use cannabis dispensary.







## New York Dispensary Verification Tool

The Office of Cannabis Management has created a **Dispensary Verification Tool** that will allow consumers to recognize if the retail location is licensed by the OCM. This informs consumers that the dispensary is licensed and selling lab tested products. **Scan the QR code and it will redirect you to the OCM website and the location's information.**

# MEASURING CANNABIS

NEW YORK STATE | Office of Cannabis Management

## Common Cannabis Measurements and Terms

Adults 21 and over can possess up to **3 ounces of cannabis and 24 grams of cannabis concentrates.** Cannabis products are measured in milligrams (mg) and grams (g). Below is a guide to common cannabis measurements and terms:

| WEIGHT MEASUREMENT | AMOUNT IN GRAMS | COMMON TERMS |
|---|---|---|
| One Gram | 1000mg or 1g | "G", Dime Bag |
| Eighth | 3.5 g | "Slice" |
| Quarter | 7 g | "Q" |
| Half | 14 g | "Half a zip" |
| Ounce (Oz) | 28 g | "Zip" |
| Quarter Pound (4 oz) | 112 g | "QP", "Quap" |
| A Pound | 453 g | Pack, Turkey Bag |

## Cannabinoid Ratios

**Cannabinoid ratios** refers to **how much there is of one cannabinoid relative to another cannabinoid.** The cannabinoid ratio does **not indicate how many milligrams of cannabinoids are in the product** (THC, CBD, and other cannabinoids).

Some products have ratios such as a **1:1** – this usually means the product includes the same amount of THC as CBD. There are several variations from 4:1, 20:1 etc.




## WHAT DO DIFFERENT AMOUNTS OF CANNABIS LOOK LIKE?



ONE GRAM



ONE OUNCE

Cannabis flower density varies and these images are an estimation of the sizes listed in the chart. Images are meant as a visual estimate only.

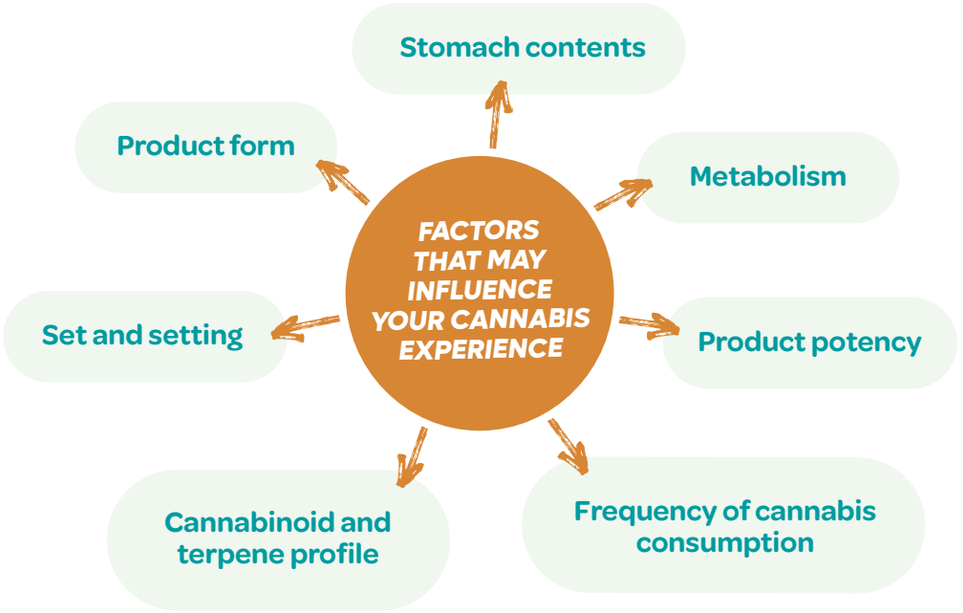
# CONSIDERATIONS FOR CANNABIS CONSUMPTION

NEW YORK STATE | Office of Cannabis Management

## Factors That May Influence Your Cannabis Experience

### The effects of cannabis depend on the product and the person!

This means some people may not tolerate cannabis. But the most important thing to remember is to do your research and figure out what may work best for you if you choose to consume. There are several factors that may influence how you react to cannabis and the kind of experience you will have. Explore these factors in greater detail below:




## Considerations For Consumption

- **Stomach Contents:** What's in your stomach? How much cannabis your body absorbs from edibles varies depending on what is in your stomach and how your body metabolizes cannabis. Foods with high levels of terpenes (like mangoes and black pepper for example) may also impact how your body absorbs cannabis and can potentially change the effects.
- **Metabolism:** Everyone has a different metabolism. Cannabis is typically metabolized (broken down so the body can use it) and primarily absorbed in the lungs (when cannabis is smoked) and the liver (when cannabis is eaten). There is a reason why some people think edibles (such as gummies or baked goods) feel stronger and more potent than smoking cannabis. When you eat or drink cannabis products, THC is broken down in the liver and transforms into the metabolite **11-Hydroxy-THC** (11-OH-THC), which is several times more potent than THC when it is smoked.
- **Product Form:** Some product forms are more potent on their own or become stronger based on how they are processed in our bodies. For example, a pre-roll with only flower might be around 20% THC. If you were to consume an edible with the same amount of THC, it would feel more powerful due to the metabolite 11-Hydroxy-THC described above.
- **Product Potency:** The potency or intensity of cannabinoids in your product and how they were extracted can affect your experience.
- **Frequency of Cannabis Consumption:** Someone who has just started their cannabis journey will not have to consume the same amount as a daily cannabis consumer. When you consume cannabis regularly, your serving size will gradually need to increase to feel the same effects. See the “Cannabis Tolerance” section of this guide for more about this topic.
- **Cannabinoid and Terpene Profiles:** With each cannabis cultivar (strain) comes a different combination of cannabinoids and terpenes. This means each cultivar will have a different effect on your body. It is also important to note that cannabis genetics vary from state to state. This means that a cultivar in one state might be totally different in another – even if they have the same name. Be sure to check the cannabinoid and terpene profiles, if available, to ensure you get the product you desire.
- **Set and Setting:** Having a safe place to consume cannabis can influence your mindset. See the “Vibe Check” section on page 22 of this guide for more about this topic.

# CREATING A SAFER CANNABIS EXPERIENCE

NEW YORK STATE | Office of Cannabis Management

## Safe Practices for Cannabis Consumption

The key to learning how cannabis might affect you is understanding different potencies, terpene combinations, and product forms. It can take time to determine the serving size, ratio, and cannabis consumption method that works best for you. **Pay attention to how YOU respond to different cannabis products** and always consume responsibly. Check out the Cannabis Journal on page 30 of this guide to help document your field research!

### Tips for a safer cannabis experience:

- ✖ Avoid mixing cannabis with other substances, like tobacco, alcohol, or other substances to avoid potential negative interactions.
- ✔ Purchase cannabis from the regulated market. See the Universal Symbol section of this guide to learn how to recognize regulated products and licensed dispensaries.
- ✖ Cannabis absorbs almost instantly into the blood stream when inhaled. **Holding your breath will just make you lightheaded due to oxygen deprivation and does not influence the intensity of the effects!**
- ✔ Consume cannabis in an environment that feels safe to you.
- ✖ Do not drive or operate heavy machinery after consuming cannabis.
- ✔ Research your cultivars. Each cultivar (strain) has various effects on different people. Be sure to review the information available and consult with budtenders for more information.
- ✔ Be sure to clean your bongs and other smoking devices after each use to avoid inhaling harmful contaminants like mold.
- ✖ Smoking cannabis in blunts or cigar papers, which contain tobacco, may have additional negative health effects. There is evidence of harm due to carcinogens from smoking tobacco that could affect the throat and lungs.
- ✔ There are many alternative types of rolling papers that can be utilized to avoid health risks associated with tobacco.

It may take up to **TWO HOURS** to feel the effects of edibles. Avoid overconsuming and wait at least two hours before consuming more.

## Onset And Duration Timeframe

### Average onset and duration timeframes by product:

| CONSUMPTION METHOD | TYPES OF CANNABIS PRODUCTS | ONSET OF EFFECTS | DURATION OF EFFECTS |
|---|---|---|---|
| Inhalation | Pre-Rolls, Flower, Vape Pens, Concentrates | Rapid (7-10 min) | Shorter (1-3 hours) |
| Topicals | Lotions, Salves | Intermediate (30 min-1 hr) | Shorter (1-3 hours) |
| Sublingual Ingestion | Tinctures | Rapid (10 min-30 min) | Shorter (1-3 hours) |
| Ingestion | Capsules, Edibles | Slower (1 hr-4 hours) | Longer (4-12 hours) |

The expected onset and duration of effects of cannabis varies from person to person.

## Choosing The "Right" Serving Size



**The right amount or serving size of cannabis is different for everybody!** How your body absorbs cannabis and when it takes effect varies from person to person. The “right” amount also depends on what kind of cannabis experience you want. In addition to what product you consume and how potent it is, some things that can influence how cannabis will affect you include body size, product potency, metabolism, and frequency of cannabis consumption and tolerance to the effects of cannabis.

# CONSUMING CANNABIS RESPONSIBLY

NEW YORK STATE | Office of Cannabis Management

## Now That You Understand How Cannabis Works, Ask Yourself The Following:

- ➜ What effect are you seeking?
- ➜ How long do I want to feel the effects of cannabis? This will impact the product form you choose.
- ➜ What is the minimum effective amount of cannabis for your body to feel something?

## Tips For Responsible Consumption

- ✓ Bring your own supplies. Have individual joints, alcohol wipes for pipes, and keep your smoking accessories clean to prevent inhaling something harmful or passing germs.
- ✗ Sharing may lead to spreading illness.
- ✓ Have a safe storage plan to keep track of your cannabis. Using a locked or sealed container that is out of sight and out of reach of young people and pets helps prevent accidental consumption.
- ✗ Don't leave cannabis or accessories unattended.
- ✓ Keep cannabis products in their original packaging.
- ✗ Flower that is left out or exposed to light and air can get moldy!

Finding your minimal effective amount of cannabis = less risk for overconsumption or other unwanted effects.



## START LOW & GO SLOW

Edible products in New York State may have up to **10 milligrams of THC per serving.** While serving sizes vary greatly from person to person (and even from day to day!) it is critical to make sure you understand that it can take up to two hours to feel the effects of edibles and 10 milligrams may be too much for you. **When you hear "Start low and Go Slow" think about the following guidance:**

- ➜ "**Start low**" with the amount of cannabis consumed and "**go slow**" when increasing the serving size of cannabis you consume over a period of time.
- ➜ Wait for 5-10 minutes after inhaling or vaping 1-2 puffs of cannabis before consuming more. It's recommended to pause and sit with how you feel before consuming more, if desired.
- ➜ **Start with a low serving size.** You may have to cut your edible into a half or into quarters to start with or have fewer sips of a beverage rather than taking the entire serving at once.
- ➜ After you have waited and feel safe to increase the amount, if desired, consume the same amount or less than you previously consumed rather than going for a full serving size.
- ➜ Topicals can be portioned by how much of the product is applied at a time. If a dime sized amount of lotion is ineffective – increase to the size of a quarter, and so on.
- ➜ **A higher THC percentage (or more potent product) does not mean a better cannabis experience.** Remember, it's about the overall product profile- the terpenes and the other cannabinoids present in the product. These elements contribute to the overall effect.
- ➜ A higher amount of THC may overstimulate your endocannabinoid system, increasing the chances for negative effects (such as paranoia or rapid heart rate).
- ➜ Consuming high potency cannabis products with a higher percentage of THC regularly may increase the risk of developing cannabis use disorder or lead to the development of certain mental health conditions if someone is already predisposed to develop such conditions.

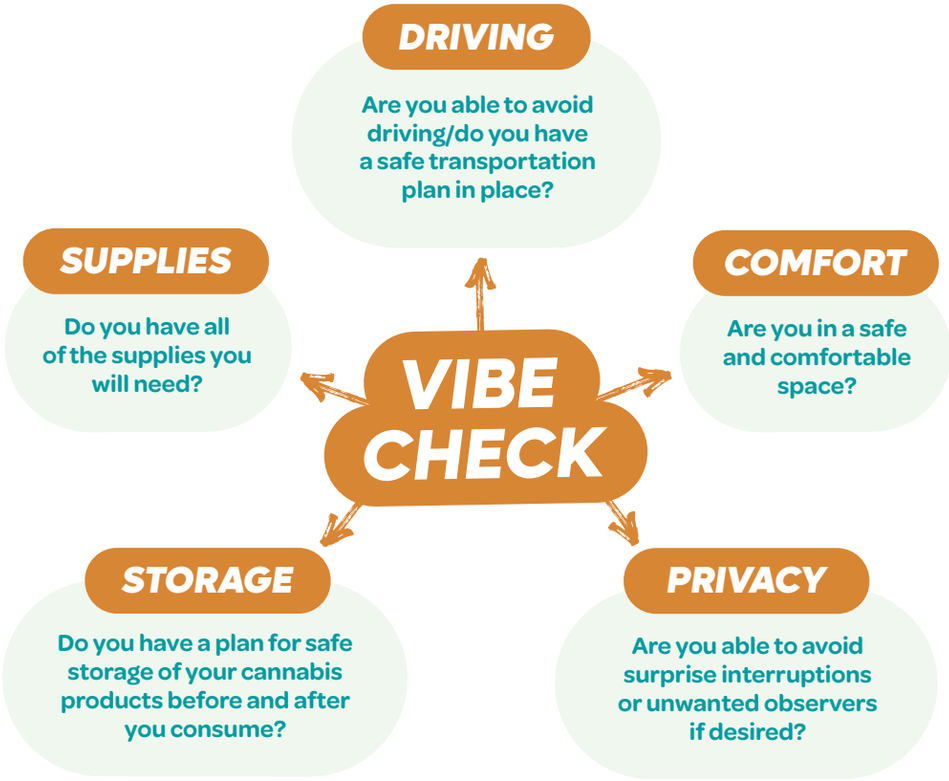
# WHAT TO KNOW BEFORE YOU CONSUME CANNABIS

NEW YORK STATE | Office of Cannabis Management

## Feel Out Your Environment

### Being educated and empowered is essential to a safer cannabis experience.

Where you consume, who you consume with (if anyone), and your state of mind when consuming cannabis – can all have an impact on your cannabis experience.




## Check In With Yourself

### Part of responsible cannabis consumption is being aware of how you're feeling. Before consuming, check in with yourself:

**Do you have a pre-existing mental health condition?**

Adverse effects such as psychosis may occur in individuals with pre-existing mental health conditions that consume larger serving sizes of THC.

**What was your mood like before and after consuming cannabis?**

Be aware of how you feel before and after consuming cannabis.

**Are you consuming any other substances?**

Use caution if you drink alcohol or take other substances while you consume cannabis. Mixing cannabis with alcohol or other drugs (prescription or otherwise) could lead to a negative reaction such as dizziness, drowsiness, or sedation.

**Set intentions for yourself!**

Setting intentions and visualizing how you would like your cannabis experience to go (prior to consuming) can help you avoid anxiety and better embrace the present.

When trying a new product for the first time, keep in mind that different products can take longer to take effect. Wait before taking more. Then the next time you consume you'll know what the "right" serving size for your body looks like. You can always take more if you aren't feeling the effects, but you cannot take less!

# WHAT ARE THE EFFECTS OF CANNABIS?

NEW YORK STATE | Office of Cannabis Management

## Possible Effects Of Cannabis Consumption



### Possible mental effects of cannabis consumption may include:

- **Mood change** (euphoria, relaxed)
- Increased or stronger **sensitivity to certain stimuli** (like colors and music)
- **Impaired attention** and **short-term memory**
- **Panic attacks, paranoid thoughts, and hallucinations** (more common if you have consumed high levels of THC and if you have a family history of serious mental illness)
- **Hypersensitivity**
- **Altered perception of time**



### Possible physical effects of cannabis consumption may include:

- Mild or moderate **dizziness**
- **Red eyes**
- **Dry mouth**
- Changes in **pulse rate and blood pressure**
- **Increased appetite**
- **Tiredness**
- **Impacted motor skills** that may make work or certain tasks more difficult
- **Impaired driving ability**

## What If You've Overconsumed?

Over-consuming cannabis, as in consuming too much cannabis too quickly, can be overwhelming and scary. Here are some tips if this happens to you:

- The only way to get through the experience of consuming too much cannabis ...is to get through it! **Remind yourself that the effects are temporary.**
- **Hydrate and rest** – it's important to know that this will pass! Drinking plenty of water and taking a nap may help pass the time until the effects subside.
- **Take deep breaths** – regulating your breath is a great way to calm the nervous system down when experiencing an overwhelming amount of cannabis.
- **Find an activity that offers you comfort**. This might include listening to music, watching a show, or coloring.
- **Who's your support system?** Call someone you trust and feel safe talking to.
- **Contact 911 in case of a medical emergency** or the Poison Center at: 1 (800) 222-1222.
- **When you no longer feel the effects of overconsumption, reflect on the set and setting you were in** – consider alternative places to consume to enjoy cannabis safely. Re-evaluate the cultivar, concentration, and serving size you consumed.

Use the Journal pages in this Guide to note your cannabis experiences.

## Considerations For Pregnant And Breast/Chestfeeding Individuals

**Cannabis may not be right for everybody.** Like many other substances, there is limited research on the effects of cannabis on pregnancy and/or fetal development. Medical organizations like The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend that you stop using cannabis if you're pregnant or breast/chestfeeding. There are still many unknowns about the short- and long-term effects of cannabis during and after pregnancy for you and your baby.

# TOLERANCE, WITHDRAWAL, ADDICTION

NEW YORK STATE | Office of Cannabis Management

## Cannabis Hyperemesis Syndrome (CHS)

CHS is a condition with repeated episodes of nausea, severe vomiting, dehydration, and stomach pain that typically affects long term and daily cannabis consumers. People experiencing CHS may seek treatment for their symptoms in an emergency department. Experts are still trying to learn more about the exact causes of CHS. It is important to disclose cannabis use to your health care provider if you believe you have symptoms of CHS.

## Cannabis Use Disorder (CUD)

Cannabis consumption becomes problematic when it begins to negatively impact a person's life. Continued problematic cannabis consumption can lead to a condition called Cannabis Use Disorder. Some common signs of CUD include:

- Consuming more cannabis than intended
- Trying but being unable to cut down or stop consuming cannabis when you want
- Spending a lot of time consuming cannabis
- Craving cannabis
- Consuming cannabis even though it causes problems at home, at school, or at work
- Continuing to consume cannabis despite social or relationship problems
- Giving up important activities with family or friends in favor of using cannabis
- Consuming cannabis in high-risk situations, like while driving a car
- Continuing to consume cannabis despite physical or psychological problems
- Needing to consume more cannabis to get the same high
- Experiencing withdrawal symptoms when stopping the consumption of cannabis

## Medical Cannabis Program

You may be eligible for medical cannabis if deemed clinically appropriate by your certifying health care provider. If you've read this guide and have further questions about the medical program visit our website at: **https://cannabis.ny.gov/patients**

## Cannabis Withdrawal

Consuming cannabis consistently over an extended period of time may lead to developing a tolerance to cannabis as described above. Withdrawal symptoms may develop within a few days after the last time you use cannabis and may occur if you substantially reduce the amount or potency of the cannabis you are consuming, or if you stop cannabis consumption temporarily or completely. Withdrawal symptoms typically last up to two weeks and can include irritability, anxiety, insomnia, reduced appetite, nausea, mild depression, and an upset stomach.

## Cannabis Tolerance

When cannabis is consumed regularly, the body's receptors may become overwhelmed and stop absorbing cannabis in the same way they did when it was first consumed. This means that someone who consumes cannabis every day will have a higher tolerance for cannabis than someone who is just starting out - even if they consume the same product! Taking a tolerance break (also known as a **T-Break**), a short break from cannabis, might help bring tolerance down so that you can decrease the amount of cannabis you consume.

## What To Do If Cannabis Use Becomes A Problem

Talk to your health care provider or a substance use counselor if you think your cannabis use is problematic. You can also call the Office of Addiction Services and Supports' 24/7 HOPE Line (1-877-8-HOPENY (467369) or text HOPENY (467369) or visit **https://oasas.ny.gov** to learn more about addiction treatment.

# CANNABIS REMINDERS AND RESOURCES

NEW YORK STATE | Office of Cannabis Management

## Proper Disposal Of Cannabis

Destroy your cannabis beyond recognition to deter others from searching through your trash. If there is still waste after doing so, consider recycling and composting options and mix thoroughly with non-cannabis waste to ensure any remaining cannabis is unusable when it is discarded with household trash.

Young people and pets sometimes find cannabis when it is openly discarded in the trash (such as residue from concentrates on Q-tips, cigarette butts, and edibles). Be sure to toss your cannabis into a trash container with a closed lid.

## Safe Storage Of Cannabis Products



If you keep cannabis and cannabis products at your home, they should be stored safely, locked, and out of reach of young people and pets. It's not enough to put cannabis products up high on a shelf or in a box. Young people are resourceful so it's important that products are stored securely.



Accidentally consuming edibles is a risk for young people and pets that can result in cannabis toxicity or the need for emergency medical attention.



If there is an accidental exposure to cannabis or cannabis products of any kind, or you have an adverse reaction to cannabis — call 911 if it's a medical emergency and Poison Center (800) 222-1222 for non-urgent matters. Contact the poison center or your veterinarian immediately if your pet has ingested cannabis.

## Important Resources

### Information on the Medical Cannabis Program

**Website:** https://cannabis.ny.gov/medical-cannabis-program-faqs

### OASAS Hope Line Addiction Help

**Call:** 1-877-8-HOPENY (467369)
**or text:** HOPENY (467369)
**Website:** https://oasas.ny.gov/

### Find More Educational Materials

**Website:** https://cannabis.ny.gov/document-search

### Report a Concern About a Cannabis Product or Business

**Website:** https://cannabis.ny.gov/report-an-incident

### Adult-Use Information

**Website:** https://cannabis.ny.gov/adult-use

### Contact the Office of Cannabis Management

**Website:** https://cannabis.ny.gov
**Email:** info@ocm.ny.gov
**Phone:** 1.888.626.5151

### Find a Dispensary

**Website:** https://cannabis.ny.gov/dispensary-location-verification

# Cannabis Journal

Date: _____ Cultivar (Strain): _____ **Duration of Effects:**

Time: _____ Serving Size: _____ _____

## Product Type

- ☐ Flower
- ☐ Edible
- ☐ Topical
- ☐ Concentrate

## Ratio/Potency

THC: _____ Other Cannabinoids:

CBD: _____ _____

## How You Consume

**Smoked:**

- ☐ Vaporized
- ☐ Dab Rig
- ☐ Bong
- ☐ Joint
- ☐ Blunt

**Ingested:**

- ☐ Candy
- ☐ Chocolate
- ☐ Baked Goods
- ☐ Lozenges
- ☐ Tincture
- ☐ Infused Drink

**Applied:**

- ☐ Topical
- ☐ Transdermal Salve/Lotion
- ☐ Patch

☐ Other: _____

## Terpenes Listed

- ☐ Pinene
- ☐ Myrcene
- ☐ Limonene
- ☐ Linalool
- ☐ Beta-caryophyllene
- ☐ Humulene
- ☐ Other: _____
- _____
- _____
- ☐ Parens (if applicable): _____

## Notes:

# Cannabis Journal

Date: _____ Cultivar (Strain): _____ **Duration of Effects:**

Time: _____ Serving Size: _____ _____

## Product Type

- ☐ Flower
- ☐ Edible
- ☐ Topical
- ☐ Concentrate

## Ratio/Potency

THC: _____ Other Cannabinoids:

CBD: _____ _____

## How You Consume

**Smoked:**

- ☐ Vaporized
- ☐ Dab Rig
- ☐ Bong
- ☐ Joint
- ☐ Blunt

**Ingested:**

- ☐ Candy
- ☐ Chocolate
- ☐ Baked Goods
- ☐ Lozenges
- ☐ Tincture
- ☐ Infused Drink

**Applied:**

- ☐ Topical
- ☐ Transdermal Salve/Lotion
- ☐ Patch

☐ Other: _____

## Terpenes Listed

- ☐ Pinene
- ☐ Myrcene
- ☐ Limonene
- ☐ Linalool
- ☐ Beta-caryophyllene
- ☐ Humulene
- ☐ Other: _____
- _____
- _____
- ☐ Parens (if applicable): _____

## Notes:

# Cannabis Journal

Date: _____ Cultivar (Strain): _____ **Duration of Effects:**

Time: _____ Serving Size: _____ _____

## Product Type

- ☐ Flower
- ☐ Edible
- ☐ Topical
- ☐ Concentrate

## Ratio/Potency

THC: _____ Other Cannabinoids:

CBD: _____ _____

## How You Consume

**Smoked:**

- ☐ Vaporized
- ☐ Dab Rig
- ☐ Bong
- ☐ Joint
- ☐ Blunt

**Ingested:**

- ☐ Candy
- ☐ Chocolate
- ☐ Baked Goods
- ☐ Lozenges
- ☐ Tincture
- ☐ Infused Drink

**Applied:**

- ☐ Topical
- ☐ Transdermal Salve/Lotion
- ☐ Patch

☐ Other: _____

## Terpenes Listed

- ☐ Pinene
- ☐ Myrcene
- ☐ Limonene
- ☐ Linalool
- ☐ Beta-caryophyllene
- ☐ Humulene
- ☐ Other: _____
- _____
- _____
- ☐ Parens (if applicable): _____

## Notes:

# Cannabis Journal

Date: _____ Cultivar (Strain): _____ **Duration of Effects:**

Time: _____ Serving Size: _____ _____

## Product Type

- ☐ Flower
- ☐ Edible
- ☐ Topical
- ☐ Concentrate

## Ratio/Potency

THC: _____ Other Cannabinoids:

CBD: _____ _____

## How You Consume

**Smoked:**

- ☐ Vaporized
- ☐ Dab Rig
- ☐ Bong
- ☐ Joint
- ☐ Blunt

**Ingested:**

- ☐ Candy
- ☐ Chocolate
- ☐ Baked Goods
- ☐ Lozenges
- ☐ Tincture
- ☐ Infused Drink

**Applied:**

- ☐ Topical
- ☐ Transdermal Salve/Lotion
- ☐ Patch

☐ Other: _____

## Terpenes Listed

- ☐ Pinene
- ☐ Myrcene
- ☐ Limonene
- ☐ Linalool
- ☐ Beta-caryophyllene
- ☐ Humulene
- ☐ Other: _____
- _____
- _____
- ☐ Parens (if applicable): _____

## Notes:

# Cannabis Journal

Date: _____ Cultivar (Strain): _____ **Duration of Effects:**

Time: _____ Serving Size: _____ _____

## Product Type

- ☐ Flower
- ☐ Edible
- ☐ Topical
- ☐ Concentrate

## Ratio/Potency

THC: _____ Other Cannabinoids:

CBD: _____ _____

## How You Consume

**Smoked:**

- ☐ Vaporized
- ☐ Dab Rig
- ☐ Bong
- ☐ Joint
- ☐ Blunt

**Ingested:**

- ☐ Candy
- ☐ Chocolate
- ☐ Baked Goods
- ☐ Lozenges
- ☐ Tincture
- ☐ Infused Drink

**Applied:**

- ☐ Topical
- ☐ Transdermal Salve/Lotion
- ☐ Patch

☐ Other: _____

## Terpenes Listed

- ☐ Pinene
- ☐ Myrcene
- ☐ Limonene
- ☐ Linalool
- ☐ Beta-caryophyllene
- ☐ Humulene
- ☐ Other: _____
- _____
- _____
- ☐ Parens (if applicable): _____

## Notes:




Office of Cannabis Management

cannabis.ny.gov