

# Medical Cannabis Products (New York)

**NOTE:** You do not have to smoke or get “high” to experience the therapeutic benefits of cannabis. Cannabis can be consumed in a variety of ways and at different potencies (strength) to help achieve your health goals.

## Product Forms:

The Medical Cannabis Program offers the following product forms:

### Mucosal:

Products such as **sprays and lozenges**, are designed to absorb through a mucous membrane (like your mouth) directly into the bloodstream. This means you will likely feel the effects quickly.



### Ingestible:

Products such as **capsules, tinctures, gummies, and chewable tablets** are ingested and processed through the liver and digestive tract. It may take longer for these products to take effect, however once they do, the effects can last for many hours depending on the dose.



### Inhalable:

Products such as **whole flower, ground flower, pre-rolls, vape cartridges and single-use vape pens** are either heated or combusted, producing smoke or vapor that is inhaled for a quick onset of effects.



### Topical:

Products such as **balms, lotions, and salves**, can be applied to the skin for localized therapeutic action and relief. After application, products may take effect quickly.



## Cannabinoid Ratio Types

You may encounter cannabis products with different ratios of THC and CBD. There are three main cannabinoid ratio types. \*

### Type I: High THC and Low CBD

If products contain a greater amount of THC compared to other cannabinoids, they will likely make you feel ‘high’. If you have too large of a dose for you, THC may lead to side effects including paranoia, elevated heart rate, and dizziness.

### Type II: An equal ratio of THC and CBD

Cannabis products with a 1:1 ratio of THC and CBD, meaning equal amounts of each, may produce euphoric effects, depending on the dose. Research suggests CBD and THC may work together to influence the effects.

### Type III: High CBD and Low THC

Cannabis products with a dominant ratio of CBD may produce little euphoric effects. These products may not cause the patient to ‘feel high’ compared to Type I and Type II.

\*Each medical dispensary is required to carry at least one product that has a low THC and high CBD content and at least one product that has approximately equal amounts of THC and CBD.

## Choosing the Right Product and Ratio Type

The right product, potency, ratio type (THC:CBD) and serving size of cannabis is different for everybody! The “right” product depends on the medical condition you are managing and your therapeutic goals.

Additional compounds, beyond THC and CBD, such as minor cannabinoids and terpenes may offer potential benefit and impact how cannabis will affect you. Speak with your healthcare provider or a pharmacist at the medical dispensary to understand which compounds and products may be best for your needs.

## Medical Cannabis Purchasing Limits

Medical cannabis patients can purchase up to a 60-day supply of medical cannabis, however that amount differs for each patient dependent on the dosing recommendations set by your healthcare provider or the pharmacist at the medical dispensary.

## What If You’ve Overconsumed

Consuming too much cannabis too quickly can be overwhelming and scary.

- Remind yourself that the effects are temporary
- Hydrate and rest
- Take deep breaths
- Call your support system
- Find an activity that offers you comfort

## Safe Storage of Cannabis Products

Always keep cannabis products locked, stored out of reach and out of sight. Never store edibles near other foods or beverages where accidental consumption can occur by adults, young people, or pets. To prevent cannabis product degradation, avoid exposure to light, heat, and oxygen.

If there is an accidental exposure or an adverse reaction to cannabis – **call 911 if it’s a medical emergency and the Poison Center (800)-222-1222 for non-urgent matters.** Contact the Poison Center or your veterinarian immediately if your pet has accidentally ingested cannabis.



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an **Adverse Event**  
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a cannabis business  
or product.