

The Center for Medical Cannabis (CMC) has reviewed the submitted Compassionate Use Board (CUB) documents and has approved the use of medical cannabis for the treatment of your condition.

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The CUB would like to share the following important information about cannabis use:

- Medication Interactions
  - It is important that any healthcare provider involved in your care is aware of your use of medical cannabis.
  - Certain medications can cause unwanted side effects when combined with medical cannabis.
  
- Sedation
  - Cannabis use may increase the amount of sedation you need during a procedure.
  - It is important to let your procedure team know that you take cannabis before the procedure for good pain control during and after the procedure.
  
- Delivery Methods
  - Smoking cannabis is not allowed under the Utah Medical Cannabis Act.
  - The use of vape or other cannabis lung inhalation is not recommended for patients under the age of 21.
  - Compassionate Use Board **does not** recommend vaping medical cannabis products.
  - If vaping medical cannabis, we recommend whole cannabis flower.
  
- Children, Adolescents, and Adults Under the Age of 26
  - The use of cannabis may result in changed brain growth and brain activity with possible long-term harmful effects, including unwanted mental health results and permanent brain damage.

- Hyperemesis Syndrome
  - Using cannabis regularly (weekly or more) or at high levels of THC may result in cannabis hyperemesis syndrome. The symptoms include severe, repeated vomiting, stomach pain, and the obsessive need for hot showers.
  
- Start Low and Go Slow
  - Lower doses of THC and a slow increase in the amount taken can limit mind-changing responses, such as seeing things that aren't there.
  - It can also minimize the following unwanted side effects:
    - sleepiness/low energy
    - panic
    - feelings of glee or joy
    - slow or limited brain activity
    - racing or fast heartbeat
    - drop in blood pressure
    - dizziness
  
- Motor Function and Driving
  - Patients should not drive for at least 8 hours after taking cannabis into their lungs.
  - Patients should not drive for at least 10 hours after taking cannabis by mouth.
  
- Addiction
  - Any type of cannabis use, medical or recreational, can increase the risk of Cannabis Use Disorder.
  - Cannabis Use Disorder risk increases if use is during the teenage years.

- Mental Health
  - High levels of THC should be avoided by patients with a history of schizophrenia and other mental conditions.
  - Cannabis may worsen the symptoms of bipolar disorder by increasing the chance, severity, or time of manic phases.
  - There may be a link to regular (weekly or more) or large amounts of cannabis use and feelings of suicide.
  
- Autism
  - Autism patients may be more likely to develop cannabis-related mental disorders. The mental changes due to THC may not show to begin with but may take months to years after the start of cannabis use.
  - Autism patients may not be able to describe these changes, and that makes it harder to spot the changes.
  
- Anti-Seizure Medications
  - Medications used to treat seizures could have negative interactions when combined with cannabis use.
  - Report any cannabis use to your prescribing provider.
  - Clobazam and valproic acid are two anti-seizure medications that can have negative effects when combined with cannabis use.

For additional information related to the safe use of medical cannabis, please visit our Cannabis Research Review Board (CRRB) site [here](#).

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