Te Whatu Ora
Health New Zealand
Waitaha Canterbury

CANNABIDIOL AND TETRAHYDROCANNABINOL (CBD and THC)

can-na-bi-di-ol and tet-ra-hy-dro-can-nab-i-nol

What does it do?

Cannabidiol and *tetrahydrocannabinol* is used to treat muscle stiffness in multiple sclerosis.

Before you start

- Tell your doctor if you have mental health problems or if you have ever had a drug abuse problem.
- This product is not the same as cannabis plant, or other *cannabidiol* or *tetrahydrocannabinol* products. Tell your doctor if you are using any of these other products.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you use it?

Use one spray under your tongue or on the inside of your cheek as directed.
Change the place in your mouth each time to help prevent making your mouth sore.

If using for the first time, 'prime' your spray by spraying a few times into a tissue before using.

When you first start, you will need to gradually increase the number of sprays until you find the best number of sprays for you. This may take up to 2 weeks.

What if you forget a dose?

If it is nearly time for your next spray, skip the missed spray and use your next spray at the usual time. Otherwise, use the missed spray as soon as you remember. Do not use two sprays at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs (e.g. cannabis).

What side effects might you notice?

Side Effects	Recommended action
Suicidal thoughts	Tell your doctor immediately
Unusual behaviour or thinking Seeing, hearing or feeling things that aren't really there	Tell your doctor
Feeling dazed, confused, clumsy or unsteady, trouble concentrating, trouble speaking Mood changes, drowsiness, memory problems, blurred vision Dry mouth, changes in taste Change of appetite, nausea	Tell your doctor if troublesome
Dizziness, tiredness or weakness	Common when you first start but should improve.

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Taking alcohol and *cannabidiol* and *tetrahydrocannabinol* at the same time may increase side-effects.
- *Cannabidiol* and *tetrahydrocannabinol* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- Store the spray as directed. It expires 6 weeks after you first open the bottle. If you have any left over after 6 weeks, take it back to your pharmacy.