




The Botanist™

INFORMATION PACKET

For Patients and Caregivers



ShopBotanist.com

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A BRIEF HISTORY OF CANNABIS

People have been using cannabis for thousands of years. The history of cannabis cultivation starts with hemp, one of the earliest agricultural crops. In many regions, people cultivated the plant for fiber and used the seeds to make food and oil.

References to cannabis date back to ~2000 B.C.. The cannabis plant has been used across many cultures – including Chinese, Hindu and Arab – for a variety of purposes, including balancing the yin and yang energies in the body, treatment of pain and rheumatism, and in religious ceremonies.

The medicinal use of the plant became popular in Medieval Europe and then quickly spread to North America in the 19th century. It was first listed in the United States Pharmacopoeia in 1854. After that, hundreds of medical articles followed. Many physicians considered cannabis a remedy for dozens of conditions, including dysentery, typhus, cholera, alcoholism, opiate addiction and insanity.

From the earliest known example of cannabis use to the Western world’s discovery of the plant, the history of cannabis is complex and fascinating. Read more about cannabis’ history, including the U.S’s complicated history and today’s marijuana movement on ShopBotanist.com (“Education & News” section).

Information provided by The Botanist is not medical advice, and may be based only upon anecdotal or reported experience of patients. Patients, with their providers, are solely responsible for their choices in use, selection, and dosage.

QUALIFYING MEDICAL CONDITIONS

Medical Conditions approved for treatment with medical marijuana in the state of Connecticut:

- Amyotrophic Lateral Sclerosis (ALS)
- Cachexia
- Cancer
- Cerebral Palsy
- Complex Regional Pain Syndrome
- Crohn's Disease
- Chronic Neuropathic Pain Associated With Degenerative Spinal Disorders
- Chronic Pancreatitis
- Cystic Fibrosis
- Damage to the Nervous Tissue of the Spinal Cord with Objective Neurological Indication of Intractable Spasticity
- Epilepsy
- Glaucoma
- Hydrocephalus with Intractable Headache
- Intractable Headache Syndromes
- Irreversible Spinal Cord Injury with Objective Neurological Indication of Intractable Spasticity
- Multiple Sclerosis
- Muscular Dystrophy
- Neuropathic Facial Pain
- Osteogenesis Imperfecta/Brittle Bone Disease
- Parkinson's Disease
- Positive Status for Human Immunodeficiency Virus (HIV) or Acquired Immune Deficiency Syndrome (AIDS)
- Post Herpetic Neuralgia - a complication of Shingles
- Post Laminectomy Syndrome with Chronic Radiculopathy
- Post-Traumatic Stress Disorder (PTSD)
- Severe Psoriasis and Psoriatic Arthritis
- Severe Rheumatoid Arthritis
- Sickle Cell Disease
- Spasticity or Neuropathic Pain Associated with Fibromyalgia
- Terminal Illness Requiring End-Of-Life Care
- Ulcerative Colitis
- Uncontrolled Intractable Seizure Disorder
- Wasting Syndrome

Medical Conditions approved for patients under 18 years of age:

- Cerebral Palsy
- Chronic Pancreatitis for patients whose pain is recalcitrant to standard medical management
- Cystic Fibrosis
- Irreversible Spinal Cord Injury with Objective Neurological Indication of Intractable Spasticity
- Intractable Neuropathic Pain that Is Unresponsive to Standard Medical Treatments
- Muscular Dystrophy
- Osteogenesis Imperfecta
- Severe Epilepsy
- Terminal Illness Requiring End-of-Life Care
- Tourette Syndrome for patients who have failed standard medical treatment
- Uncontrolled Intractable Seizure Disorder

GETTING STARTED

STEP 1 - SPEAK TO YOUR DOCTOR

The first step is to make an appointment with the physician treating you for the debilitating condition for which you seek to use marijuana. Only a physician can initiate your application by certifying for the Department that you have a medical condition that qualifies you for a medical marijuana registration certificate.

STEP 2 - CREATE A DAS ACCOUNT

Patients must create an account with the DAS Business Network to access the online certification system (<https://biznet.ct.gov/dcpmmrp>). Make sure you have been certified by your physician before beginning the registration process. Follow instructions from email. Our facility can assist with your registration application.

Please call us with any questions.

STEP 3 - BOOK AN APPOINTMENT TO SPEAK WITH ONE OF OUR DISPENSARY PHARMACISTS

You may call or email us to schedule an appointment.

STEP 4 - VISIT OUR DISPENSARY FACILITY & LET TREATMENT BEGIN

MEDICAL MARIJUANA CARD RENEWAL PROCESS

- To prevent interruption of registration, qualifying patients and designated caregivers must apply for card renewal by submitting a complete re-application no less than 30 calendar days before the expiration date of the existing Registry ID card.
- Registry ID cards expire annually. You must renew your registration every year with the Department. The annual application fee is required with each re-application.

UNDERSTANDING CANNABIS

Classifying Strains

Traditionally, cannabis strains have been divided into three main categories: Sativa, Indica and Hybrid. The terms sativa and indica refer to the botanical origins of the seeds and do not fully determine the effects of a specific harvest. Our staff analyzes cannabinoid and terpene content while considering the genetic origins of the strain to help determine its medicinal benefits.



SATIVA

Sativa plants are known for their height and their long, thin leaves.



INDICA

Indica plants are known for their smaller stature and are relatively short bushy plants with broad and round leaves.

HYBRID

Hybrid strains are a mixture between sativa and indica strains. Almost all modern cannabis strains are technically hybrid plants. It is rare to find a true sativa or true indica due to many generations of cross-breeding.

UNDERSTANDING STANDARD WEIGHTS

Your allotment is set by your certifying doctor. Allotment resets in 30 days. Your dispensary will use these references of standard weights:

- **Gram** (1gram)
- **1/8 Ounce** (3.5 grams)
- **1/4 Ounce** (7 grams)
- **1/2 Ounce** (14 grams)
- **1 Ounce** (28.35 grams)
- **1.5 Ounces** (42.52 grams)
- **2 Ounces** (56.7 grams)
- **2.5 Ounces** (70.87 grams)

The cannabinoid and terpene content are leveled on each product, along with the gram equivalency to determine the amount that will be deducted from a patient's monthly allotment.

WHAT ARE CANNABINOIDS?

Cannabinoids are the molecular components of the cannabis plant that give the plant its potential medicinal qualities. These compounds, secreted in the oil-rich trichome glands of the cannabis flower, may have a physiological effect on many of the body's systems, including the nervous system and the immune system.

Add your own notes below to record your thoughts.

TETRAHYDROCANNABINOL (THC)

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TETRAHYDROCANNABINOLICA ACID (THCA)

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CANNABIDIOL (CBD)

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CANNABIDIOLIC ACID (CBDA)

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CANNABIGEROL (CBG)

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CANNABINOL (CBN)

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CANNABICHRMENE (CBC)

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TETRAHYDROCANNABIVARIN (THCV)

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These statements have not been evaluated by the FDA. All data is based on anecdotal evidence.

WHAT ARE TERPENES?

Terpenes are organic hydrocarbons in essential oils found in many plants found in nature, including cannabis. Terpenes are responsible for cannabis’s unmistakable flavor and aroma. In combination with cannabinoids, they may be responsible for the effects on the body and how you may feel.

The combination of multiple cannabinoids and terpenes working together is commonly known as “the entourage effect.”¹ To date, researchers have identified over 120 terpenes that appear in cannabis – the list below includes some of the most common.



MYRCENE

- Musky
- Herbal
- Citrus



LIMONENE

- Citrus
- Lemon
- Orange



A-PINENE

- Pine
- Fresh mountain air
- Slightly woody



HUMULENE

- Herbal & Spicy
- Earthy
- Woody



CARYOPHYLLENE

- Spicy
- Woody
- Pepper



LINALOOL

- Floral
- Sugar
- Citrus

Notes

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These statements have not been evaluated by the FDA. All data is based on anecdotal evidence.
(1)Dr. Ethan Russo - <https://bpspubs.onlinelibrary.wiley.com/doi/pdf/10.1111/j.1476-5381.2011.01238.x>

DELIVERY METHODS

There are many ways to administer medical cannabis, and patients may find that one method is more effective than another for their specific needs. **The effects vary with each method**, sometimes affecting the length of time it takes for the medicine to take effect (onset), the length of time that it remains effective (duration), or the degree to which the effect is felt (intensity). There are other factors such as convenience, discretion, and comfort to consider as well. **Each patient should find which manner is best for them.**

INHALATION

Onset: Instantly to 30 Minutes

Duration: 90 Minutes to 4 Hours

Inhaling from a pipe, vaporizer, or pre-roll allows the active ingredients to directly enter into the lungs, then the bloodstream. There are two methods of inhalation: smoking and vaporizing.

Effects can be felt within minutes, depending on the patient, strain, cannabinoid content, etc. Wait before increasing your dose. The time for inhalation to take effect may vary greatly depending on your own physiological makeup, and other medications and/or drugs you are currently taking.



SMOKING

This is the act of inhaling and exhaling plant material through the process of combustion. Cannabis can be smoked using different types of devices and is most commonly consumed with rolled papers or pipes.



VAPORIZER

A smokeless method that heats cannabis or cannabis oil to its activating temperature, which is inhaled through vapor. The temperature is much lower than required for burning, and no smoke is created. Vaporization or vaping allows patients to inhale the active ingredients as a vapor and may be preferred for patients who experience discomfort with irritation from smoking.

LINGUAL/SUBLINGUAL

Onset: 20-30 minutes up to 2 hours

Duration: 90 Minutes to 4 Hours or more

These products are intended to be absorbed through the capillaries of the mouth, skipping the digestive process. Product formulations include oils, sprays, slips, and tinctures. These products may contain alcohol, coconut oil, or other ingredients and vary in cannabinoid concentration. Please speak to your dispensary staff for details.



DELIVERY METHODS

CONSUMABLES

Onset: 45 minutes up to 2 hours

Duration: 4 hours to 8 Hours, dependent upon personal metabolism, meals and medications



Cannabis products can also be digested and may be available in food products, capsules, and tablets. These products are swallowed, digested, and metabolized, therefore dosing varies by individual. Please discuss dosing guidelines with your dispensary pharmacist.

TOPICALS/TRANSDERMALS

Onset: Instantly to 30 minutes

Duration: 90 minutes to 12 hours

NOTE: These products vary in effects and duration of action. Avoid areas of the groin or underarms. Wash hands after every use.



Meant to be applied to the skin and absorbed by the underlying tissue as well as the entire body. High-quality cannabis oil is mixed into a thinning agent, such as lotion, oil, or topical cream. We provide an array of topical or transdermal cannabis products.

IMPORTANT THINGS TO REMEMBER

DOSING GUIDELINES

Each individual reacts differently to any type of medication. We encourage patients to start conservatively with lower dosages to avoid adverse effects. Our experienced staff will help you choose a safe and appropriate dose with guidelines detailing how to properly titrate to the dose that is suitable for you.

1. START SLOW

Start with 1 to 2 inhalations, a low-dose or single serving until you know how it will affect you.

2. WAIT

The time for any method to take effect may vary greatly depending on your own physiological makeup and other medications and/or drugs you are currently taking.

3. DO NOT MIX

Do not mix any cannabis products together with alcohol or other controlled substances.

4. RESPECT YOUR BOUNDARIES

Everyone has a unique and personal endocannabinoid system which defines how your body interacts with cannabis. Speak to your dispensary pharmacist to find the right dosage that works for you.



GENERAL PRECAUTIONS

WARNINGS

- Keep out of reach and away from children and pets. Store your medicine in its original child-proof packaging.
- Consult with your doctor regarding potential interactions with other products and medications or if you have any underlying medical conditions.
- If allergic reaction, unwanted side effects or interactions occur, discontinue use and seek medical attention if needed.
- Discontinue use or reduce dosage if effects are too intense.
- If pregnant or breast feeding, consult with your doctor before use and inform the dispensary staff.
- Cannabis may remain detectable in bodily fluids and hair for several months and well after its intoxicating effects have subsided.
- Use of medical marijuana may affect your judgment and coordination. Do not drive, operate heavy machinery or engage in potentially hazardous activities while under the influence of medical marijuana.
- Use the products only as directed.
- These products are not intended to diagnose, treat, cure, or prevent a disease.
- The statements made in this packet have not been reviewed or evaluated by the Food and Drug Administration.

SIGNS OF SUBSTANCE ABUSE

Signs of substance abuse and addiction can vary from person to person. If you are concerned that you or a loved one may be addicted to marijuana, please consult your physician or a local substance abuse program or drug hotline. If products no longer produce an effect, reset your CB1 and CB2 receptors by stopping use for 1-2 days.

- Tolerance
- Feeling withdrawal symptoms
- Loss of control over use
- Spending too much time getting high
- Smoking to relax (in excess)
- Lack of responsibility
- Smoking despite the consequences
- Smoking to escape reality
- Not able to cut down
- Ignoring consequences

FOR HELP

The Substance Abuse and Mental Health Services Administration (SAMHSA) is pleased to provide this online resource for locating drug and alcohol abuse treatment programs: www.samhsa.gov

For advice you may call the Referral Helpline:

1-800-662-HELP (English & Espanol)
1-800-487-4889 (TTY)

TRAVEL

Can I travel with my Medical Marijuana?

TRAVELING WITHIN THE SAME STATE

Please refer to the back of your medical marijuana card and/or paper certificate. Medical marijuana patients who are appropriately registered with their state should not encounter problems if they are traveling locally. Patients may have their medication on their person when they are walking and driving within Connecticut, providing medication is labeled in its original container and not being used in public or while operating a vehicle. Patients must always carry proof of identification with a picture ID (valid driver's license, passport, etc.) and their medical marijuana ID card.

OUT OF STATE TRIPS

Traveling to a different state for medical marijuana patients is not recommended because patients cannot legally transport their medical marijuana outside of Connecticut, due to federal law.

Can I fly with my Medical Marijuana?

According to the Transportation Security Administration, any medical marijuana may NOT be transported in carry-on bags or checked luggage. Possession of marijuana is still illegal under federal law. TSA officers are required to report any suspected violations of law, including possession of marijuana. TSA's screening procedures are focused on security and are designed to detect potential threats to aviation and passengers. Accordingly, TSA security officers do not search for marijuana or other illegal drugs, but in the event a substance appears to be marijuana is observed during security screening, TSA will refer the matter to a law enforcement officer.

PATIENTS SHOULD NOTE THESE GUIDELINES:

States without medical marijuana laws can arrest patients under possession laws, even if the patient is registered in their home state.

In states that recognize medical marijuana cards issued by the patient's home state (called reciprocity), the patient should register in the state they are visiting and acquire any medical marijuana needed there, instead of bringing it with them.

Federal authorities can arrest patients under drug trafficking laws if medical marijuana crosses any state line.

For more information please contact The Medical Marijuana Program at 860-713-6066 or visit the Department of Consumer Protection's website: www.ct.gov/dcp/mmp

Sources:

www.unitedpatientsgroup.com/resources/traveling-with-medical-marijuana
www.tsa.gov/travel/security-screening/whatcanibring/items/medical-marijuana

CT MEDICAL MARIJUANA PROGRAM

You should know:

Connecticut's law is "designed to enable seriously ill patients to engage in the palliative use of marijuana while preventing marijuana from being misused or diverted from its medical purpose. The law provides immunity from state criminal and civil penalties for physicians, patients, caregivers, dispensaries and producers who act responsibly in accordance with the law."

MORE INFORMATION CAN BE FOUND BY CONTACTING THE DCP:

Phone: 860-713-6066

Email: dcp.mmp@ct.gov

Website: portal.ct.gov/DCP/medical-marijuana-program/medical-marijuana-program

MEDICAL MARIJUANA AND LEGAL CONCERNS

You should know:

Legal issues surrounding medical marijuana are very complex since different laws and guidelines exist at federal, state, and local levels. It is your responsibility as a patient to know the laws in your area, and to abide by them. **KNOW YOUR RIGHTS.**

NOTES

A series of horizontal dotted lines for writing notes, spanning the width of the page.



The Botanist™

*For questions regarding medications, contact
your dispensary.*

DANBURY

105 Mill Plain Road Danbury, CT 06824
Phone: 203-909-6869

SOUTH WINDSOR

75 John Fitch Blvd South Windsor, CT 06074
Phone: 860-331-8918

UNCASVILLE

887 Norwich-New London Tpke Uncasville, CT, 06382
Phone: 860-848-0865

Website: ShopBotanist.com

Social: [@thebotanist.ct](https://www.instagram.com/thebotanist.ct)