

EDIBLE CANNABIS

WHAT YOU NEED TO KNOW

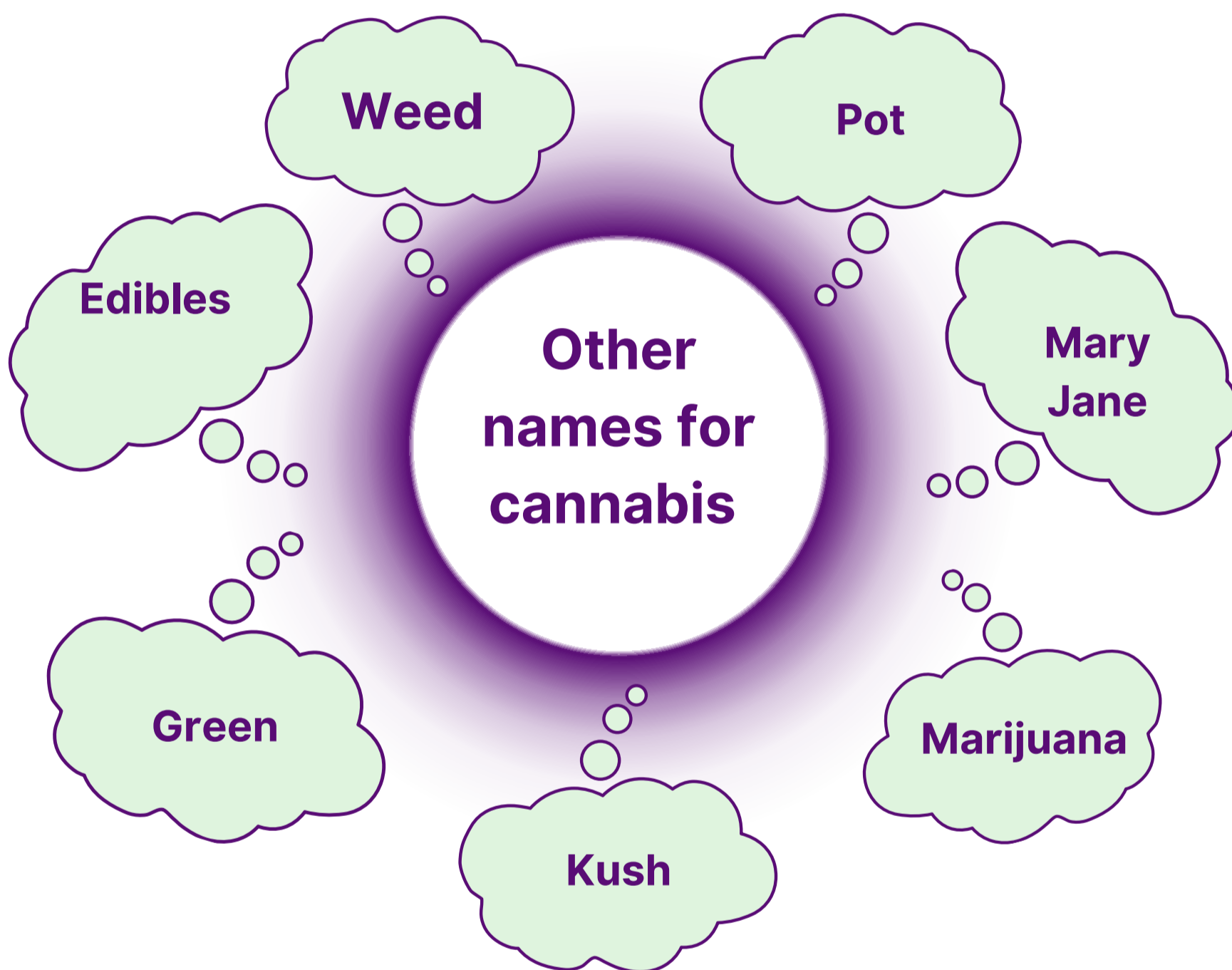
What is it?

Cannabis is psychoactive



Edible cannabis contains cannabinoids that you eat or drink. Cannabis can have various effects, ranging from stimulation and hallucinations to drowsiness. The THC component is what gives the euphoric feeling.

Edible cannabis takes longer to have an effect compared to inhaled cannabis, but it also lasts much longer in your body. For more information on cannabinoids, see our general cannabis snapshot: decyde.ca/substance-snapshots/substance-snapshots/#cannabinoids



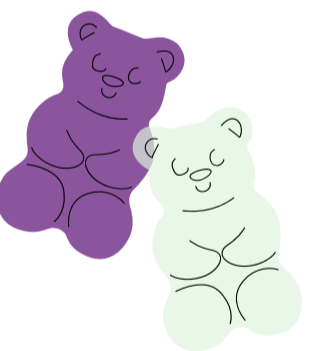
How are they used?

Edible cannabis can be both regulated and unregulated (homemade).

Some examples include carbonated beverages, teas, gummy, candies, cookies, and chocolate.

THC: The main psychoactive chemical in cannabis. It causes the 'high'.

CBD: The non-intoxicating component that may have some calming effect.



What are the effects?



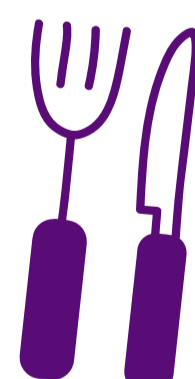
The effects of cannabis depend many factors, like mood, food intake, the amount of THC, taking other drugs, and tolerance.



The THC in cannabis may make you more talkative. However, it can also cause panic and paranoia.



THC may cause senses to be felt differently, such as taste, touch, and hearing.



Cannabis may increase your appetite and make you feel sleepy. In rare cases, it can cause severe nausea and vomiting.



Regular use may lead to dependence and addiction. It may be hard to stop using cannabis, even if you know it's negatively affecting you.



Regular cannabis use may worsen symptoms for individuals with mental health disorders or a family history of such conditions.

EDIBLE CANNABIS

When do you seek emergency help?



"Greening out": A term given to cannabis overdose or poisoning (taking too much cannabis).

Signs: Signs of taking too much cannabis include intense anxiety, panic, dizziness, intense nausea or vomiting. Additionally, some individuals may experience shortness of breath, rapid heartbeat, chest pain, or hallucinations.

Get help right away! Cannabis poisonings or overdoses can be very distressing and lead to serious injury.

Did you know?

Edible cannabis can produce delayed but intense psychoactive effects—especially compared to inhaled cannabis.

It may take over an hour to feel an effect from edible cannabis!



How to stay safer?

Not using cannabis is the best way to stay safer and avoid harms.

If you still decide to use cannabis, consider these harm reduction strategies:

1

Timing matters! Avoid using cannabis before school, work, or driving. It affects concentration and reaction time.

2

Start low and go slow. Start with a low dose (like 2.5mg) and wait to see how it makes you feel before taking more. This lowers your risk of accidentally taking too much.

3

Moderate use. Frequent use can impact your health and relationships with others.

4

Don't Mix (Cross-Fading). Mixing cannabis with tobacco, alcohol, or other substances will increase impairment and the risk of serious health effects.

5

Plan for Safety: Ensure you have a designated ride and consider carrying condoms if sexual activity may occur.

6

Don't use alone. Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.

7

Choose legal. Get cannabis from a licensed store. Illegal and synthetic cannabis products (e.g., K2, Spice) may contain other substances such as fentanyl that can cause serious health problems such as accidental overdose or poisoning.

Click here for a list of cannabis retailers in Newfoundland and Labrador.

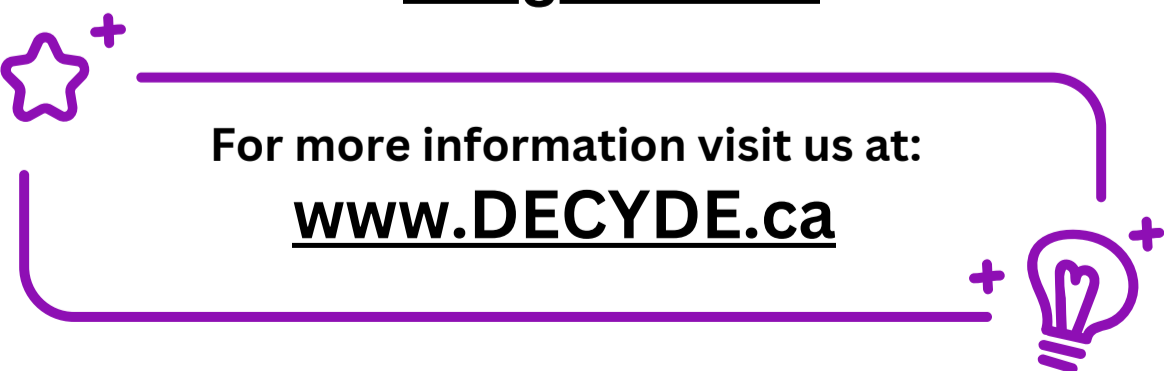
How Long Does Cannabis Last?

Edible cannabis can have an effect for up to 12 to 24 hours in your body. Do not drive after using cannabis.



Learn more about ways you can stay safe when using cannabis: [Canada's lower-risk cannabis use guidelines](https://www.canada.ca/en/health-canada/services/cannabis/lower-risk-cannabis-use-guidelines.html)

For more information visit us at:
www.DECYDE.ca



These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:

- Fischer, B., Robinson, T., Bullen, C., et al. (2022). Lower-Risk Cannabis Use Guidelines (LRCUG) for reducing health harms from non-medical cannabis use: A comprehensive evidence and recommendations update. *International Journal of Drug Policy*, 99(2022), <https://doi.org/10.1016/j.drugpo.2021.103381>
- Gorelick, D.A. (2022). Cannabis Use and Disorder: Epidemiology, pharmacology, comorbidities, and adverse effects. UpToDate. Retrieved on september 25 2023 from <http://www.uptodate.com>
- Government of Canada. (2023). Cannabis use, effects and risks. Health Canada. <https://travel.gc.ca/travelling/health-safety/drugs>.