



### Side Effects

**Patients may experience high rates of cannabis side effects across all medical cannabinoids (NNH = 6), though this may vary based on THC/CBD ratio and may be dose-dependent** [REF](#) [REF](#)

- Drowsiness
- Feeling high
- Dizziness
- Psychiatric disturbances (27% if inhaled)
- Impaired memory
- Sedation
- Numbness

See the online module for comparison table.

**"Feeling high" is generally attributed to THC and not CBD.** [REF](#) However, CBD does have reported side effects especially sedation [REF](#)

- Decreased appetite 22%
  - Elevated LFTs 16% - note these patients were also taking anti-seizure medication
  - Vomiting 15%
  - Pneumonia 8%
- Pediatric trials on CBD (vs Placebo)
- Somnolence 25% (vs. 8%)
  - Irritability or Agitation 9% (vs 2%)
  - Aggression/ anger 3-5% (vs 1 %)

**Smoked cannabis is not recommended due to unknown risk of lung disease.** [REF](#)

**Health Canada recommends against vaping or vaporizing cannabis.** [REF](#)

### Safety and cannabis: Working or driving

#### The 4-6-8 Rule

Rate of fatal car crashes increases with THC use. [REF](#) Avoid driving for 4 hours after inhaling, 6 hours after ingestion, 8 hours if feeling high. [REF](#)

#### Can I work after using cannabis?

Check with your own industry as regulations vary widely. If you feel affected, don't engage in safety-sensitive activities such as driving or operating machinery, Effects usually last at least 6 hours after use, but can last 24 hours.

### THC, CBD and more: Cannabis ingredients

#### Cannabis contains over 500 unique compounds

Principal ingredients: delta-9-tetrahydrocannabinol (89-THC) & cannabidiol (CBD). CBD does not cause a "high." [REF](#)