



International Society of Cannabis Pharmacists: Patient Formulation Guide

Sublingual/Oromucosal	
Instructions for Use: Oral Liquids/Tinctures	<ol style="list-style-type: none">1. Use a measured syringe or graduated dropper when available to provide consistent dosing amounts2. Place liquid under tongue for up to 1 minute before swallowing
Instructions for Use: Mouth Sprays	<ol style="list-style-type: none">1. Begin with 1 spray aiming directly under the tongue or in the cheek2. Hold under tongue 1-2 min (or as long as comfortable), then swallow3. Optional: swish around mouth and coat cheeks before swallowing
Instructions for Use: Buccal Tablets/Film/ Lozenge/Troche	<ol style="list-style-type: none">1. Place one dose to the inside of the cheek near the gumline or under the tongue and allow to dissolve2. Avoid brushing teeth, smoking, drinking, or eating for 15 minutes before and after use
Onset	15 to 60 mins
Duration	2 to 12 hours
Storage Requirements	Store upright in a cool, dark, dry place
Possible side effects	Taste disturbances - unflavored oil liquids can be unpleasant in taste and texture Local irritation to cheeks and gums in products that contain alcohol
Additional Considerations	<ol style="list-style-type: none">1. Common additives include MCT oil or vegetable glycerin; derived from coconut, soybean, olive, or palm oil which can be potential allergens2. Some formulations may contain alcohol/ethanol up to 50% by volume3. Taking liquid with fatty meal may enhance absorption

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Oral/Swallowed	
How Supplied	Tablets Capsules Oral liquids; solutions, suspensions, emulsions, and tinctures Infused foods “edibles” and beverages RSO “(Rick Simpson Oil) and distillate syringes
Instructions for Use	Take by mouth with a full glass of water. Fatty foods or meals will help increase absorption. RSO/Distillate: apply a half a ‘grain of rice’ size to a cracker and chew and swallow
Onset	30 min - 90 min
Duration	4-12 hour
Storage Requirements	Stored in a cool, dry, dark place Some formulations with coconut oil often recommend refrigeration Ensure infused foods are clearly labeled to avoid accidental ingestion by kids and pets
Possible Side Effects	Effects can be more intense than inhalation or sublingual and persist for a longer period of time
Additional Considerations	Swallowing cannabis/THC produces a significantly stronger metabolite (byproduct) called 11-hydroxy-THC that is approximately 2 to 4 times more potent than THC. Oral products can have additives including binders and coloring agents. Always check the labels to see specific additional ingredients.

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Topicals	
Basic Instructions of Use: Cream/Lotion/Ointment/Balm	Apply to the affected areas. Massage into skin thoroughly. Wash hands after application. Ointments, creams, and balms may be more suitable for smaller treatment areas, while lotions may be preferred for larger treatment areas. Check products for “best by” or expiration date; this helps to ensure product integrity and stability
Onset	15 to 60 minutes
Duration	1 to 8 hours
Storage Requirements	Store lotions, creams, ointments, and balms at room temperature or in the fridge. Keep out of reach of children and pets.
Possible Side Effects	When used as directed, systemic side effects are unlikely.
Additional Considerations 1. Sites of administration	Topical products should not be applied to areas of thinning or broken skin, unless these are the areas to be treated. Application to areas of thin or broken skin can cause irritation, and increase the absorption of the product into the bloodstream. This may lead to unwanted side effects from increased levels of THC or CBD in the body. Check product labels carefully for potential allergens prior to using. Applying to a small area prior to widespread application can be useful in identifying any allergies or sensitivities to ingredients. If a caregiver is applying the topical, gloves are recommended to prevent absorption by the caregiver.

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Suppositories

Basic Instructions of Use/Method of Administration: Rectal or Vaginal	<ol style="list-style-type: none">1. Wash hands thoroughly before handling suppository2. If wrapped, remove suppository from wrapper3. Suppository can be moistened with water or lubricant to ease insertion4. Lie on side while raising knees to chest5. Relax the muscles to ensure a pain-free insertion6. Insert rounded or narrower end of the suppository into the anus (1 inch for adults, ½ to 1 inch for children)7. Suppositories may also be inserted vaginally but will be easier if using an applicator as vaginal suppositories need to be inserted deeper (1.5 to 2 inches)8. Lower legs into straight position, ideally continuing to remain lying down for at least a few minutes9. Wash your hands after insertion with warm, soapy water <p>Use after bowel movement or avoid having any bowel movements for at least an hour Suppositories may be cut lengthwise to titrate the dose if necessary</p>
Onset	10 to 60 minutes
Duration	2 to 8 hours
Storage Requirements	Keep at cool room temperature or in the refrigerator based on manufacturer recommendations Keep away from heat, moisture, children, and pets
Possible Side Effects	May disrupt vaginal pH that leads to yeast infection May cause itchiness, burning, irritation, or discomfort May leak out (which can be messy) so remaining horizontal (laying down) is preferred May cause impairment, but unlikely as there is minimal systemic absorption
Additional Considerations	All clinical data based on Hemisuccinate THC (a synthetic derivative of THC), although not commercially available Unheated Cannabis resins have minimal absorption

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Inhalation	
How Supplied: Flower Concentrates	<p>Flower: Trimmed and untrimmed cured flowers* (dry herb) of individual cannabis genetics</p> <ul style="list-style-type: none"> ● Shake, Kief, Trim may denote a variation from premium dried flower. <ul style="list-style-type: none"> ○ Ask your dispensary agent as these are not standardized and can vary based on the grower/processor ● Measured by weight in grams (example 1g, 3.5g, 7g, etc.) <ul style="list-style-type: none"> ○ May also be measured in fractions of an ounce (example 1/8, 1/4, 1/2, etc.) <p>Concentrates: Cannabis that has been processed into a more concentrated form</p> <ul style="list-style-type: none"> ○ Honey, batter, budder, sugar, wax, diamonds, crystals are common terms describe consistency ○ Generally available in small jars of 0.5, 1, or 2 grams ○ Rosin, Full Spectrum, Live Resin, Distillate, Isolate refer to different types of extracts <ul style="list-style-type: none"> ■ Please ask your local dispensary or medical professional as these terms are not standardized and may vary by grower processor ○ Extraction Methods include ethanol, hydrocarbon (butane), CO₂, Rosin/gravity press ○ Available in prefilled cartridges/pods/disposables or glass vials with bulk oil volume
Instructions for Use: Dry Flower	<p>Dry herb vaporizer</p> <ul style="list-style-type: none"> ○ Device design, price, and capability will vary widely ○ Be sure to purchase a device that is specifically for “dry leaf or flower” ○ A device with a ceramic chamber, or convection oven are preferred over coils that can combust plant matter
Instructions for Use: Concentrates Extracts Oils	<p>One 3-second inhalation every 10-15 minutes until symptoms begin to resolve</p> <p>Full instructions: Inhale for 3 seconds, hold for 3 seconds (as comfortable), then exhale fully</p> <ul style="list-style-type: none"> ○ Holding vapor (or smoke) in the lungs can increase exposure to dangerous particles ○ There may not be a visible stream of vapor (or smoke) to indicate a completed dose but you should still wait at least 10 minutes between inhalations to prevent overmedication <p>Delivery device include: Concentrate pens, electronic rigs, glass rig + torch, and prefilled cartridges/pod batteries</p> <ul style="list-style-type: none"> ● Instructions may vary based on concentrate type ● Make sure the vaporization device is intended for concentrates
Onset	<p>Within minutes; effects peak between 15-30 minutes</p> <p>Inhalation achieves the highest blood concentration in the shortest amount of time and should be primarily used as-needed for symptoms</p>

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Duration	2 to 6 hours depending on dose and individual
Storage Requirements	<p>Flower:</p> <ul style="list-style-type: none">• Store in an airtight, glass container• Protect from light• Keep in a cool place, away from direct heat• Humidity pack recommended <p>Concentrates:</p> <ul style="list-style-type: none">• Sealed glass concentrate vials or jars• Sometimes stored in a refrigerator• Store Cartridges/pods/disposables upright with oil on wick
Possible Side Effects	<ul style="list-style-type: none">• Coughing - especially if attempting to hold or taking too large of inhalation• Throat irritation, burning• Dry mouth or throat• Metallic, chemical, or otherwise unpleasant aftertaste (taste disturbance)
Additional Considerations	<p>Many vaporizers allow you to adjust the temperature. Lower temperatures may make inhalation feel smoother and less irritating to the throat and lungs. Some vaporizers can also be used with water filtration, which may further reduce irritation. Different temperature settings may affect which cannabis compounds are released</p> <p>People with lung, mouth, or throat conditions should talk with their healthcare provider before using inhaled cannabis, as it may worsen their symptoms</p> <p>Smoking Considerations: Due to the harmful effects of combustion and inhaling carbon monoxide, ISCPH does not recommend smoking as a viable medication delivery method</p>

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