

# Talking to your healthcare provider about cannabis

## Cannabis and Older Adults Toolkit



### Are you thinking about using cannabis\*?

Before your appointment, write down questions you want to ask.

- Can cannabis help my particular condition?
- Will it interact with any of my medications?
- Are there any risks or side effects I should be aware of?
- How much will it cost and will my insurance cover it?
- Are there activities I should avoid while taking cannabis?
- What type (eg. oils, edibles, dried) and amount of cannabis would be best for me?



### If you are already taking cannabis

If you are already taking cannabis, tell your healthcare provider:

- when you began taking it
- the type and amount you take
- how you feel it impacts your health

### Before suggesting cannabis, you should expect your healthcare provider to:

- Consider your current health issues
- Complete a physical exam (if applicable)
- Review evidence for conditions where cannabis may be recommended
- Review conditions where cannabis is not recommended
- Discuss the possible benefits and risks of cannabis
- Discuss different cannabis options

### If cannabis is right for you

If cannabis is right for you - your healthcare provider should setup a treatment plan that includes:

- Goals of cannabis use
- Discussion of potential adverse effects, medication interactions and safety considerations
- Type, dosage, route, and when to take cannabis
- How to obtain the product
- A patient agreement (if needed)
- A follow-up plan

### If cannabis is not right for you

Medical cannabis is not right for everyone. Ask your healthcare provider to discuss other options to help manage your health.

If you still decide to take cannabis it is important to be open about your decision so they can monitor your well-being including potential drug interactions and side effects.



\*The term cannabis refers to all modes of cannabis including prescription cannabinoids.