



THE L.I.V.E. ACRONYM IS HELPFUL FOR DOSING CANNABIS¹

Cannabis Dosing

L Start at a **low dose**. For both pharmaceutical and non-pharmaceutical cannabinoids, the approach to starting cannabis in older adults is to generally start low and go slow.

I Titrate **incrementally** over a period of time to find a safe, effective minimal dose.

V Be **vigilant** while monitoring adverse effects

E **Engage** older adults and their caregivers in monitoring.

ADDITIONAL CONSIDERATIONS

During the **titration period**, encourage older adults or their caregiver to keep a diary of positive and/or adverse effects including:

- Date and time of dose
- Amount of dose in ml and/or mg (THC and/or CBD)
- Time of onset of effects
- Effects on symptom/health condition
- Type and duration of adverse effects

Initial dosing for novice cannabis patients should be **at bedtime** due to potential drowsiness/sedation and dizziness.



Duration of the treatment trial will vary depending on the indication and cannabinoid content. It is recommended **not to exceed a 3-month trial** for patients starting cannabis.



Review dose every **4-6 weeks** until desired effect is achieved. The daily amount in grams of dried cannabis product can then be set for 1 year (required for Medical Document).²



Set a maximum dose when discussing cannabis with older patients, especially for THC. Revise treatment if there is no clinical improvement after stable dosing.



CANNABIS DOSING

Nabilone^{3,4}

- Nabilone is a synthetic cannabinoid similar to THC.
- Dosage: 0.25 mg, 0.5 mg, 1 mg capsules.
- Compounding pharmacies can prepare liquid formulations.
- Maximum dose used in studies involving older adults is 2 mg.



Nabiximols⁵

- Nabiximols is available as an oro-mucosal spray.
- Dosage: Each spray (100 µL) contains 2.7 mg THC and 2.5 mg CBD
- Guidance for titration in adults: increase dose gradually, no more than 1 additional dose per day.
- Most adults respond to 4 to 8 sprays per day.
- No specific dosing guidance is available for older adults.
- Start with a single evening dose to determine effectiveness and tolerability.



Dried Cannabis for Inhalation⁶

- Dose should not usually exceed 1.5-2.0 grams per day of a dried plant product.
- Inhalation is generally **not recommended** for older adults (e.g. smoking/vaping).



Edibles⁷

- In Canada, edible cannabis products are legally limited to a maximum of 10 mg THC in order to reduce the likelihood of overdose.
- Many commercial products (e.g., chocolate, drinks) have clearly stated amounts of active ingredients.



Cannabis Oil²

- Patients are advised to start at a very low volume of cannabis oil at night e.g., 0.1 mL to 0.2 mL
- The dose in milligrams should be titrated up slowly (may take a few weeks), based on the patient's goals and their tolerance to potential side effects.



- For a non-experienced patient, starting with pure CBD or 1:1 (THC:CBD) oils may be better tolerated. THC dominant oils are generally avoided depending on treatment goals.
- It is easier to control dosage with cannabis oil compared to edibles.

CBD Dominant Oil

- Start: 0.1 to 0.2 mL (around 2-5 mg/day of CBD depending on concentration) once daily for the first 3 days
- Titrate in 0.1 mL intervals every 2-3 days based on effect
- Consider increasing to twice daily dosing with 6-8 hrs between doses
- Total daily dose to no higher than 0.8 mL before the first follow-up visit

CBD:THC Hybrid oils

- Start at 0.1 mL once daily (no more than 1.25 mg of THC) for the first 3 days
- Titrate in 0.1 mL intervals every 3 days based on effect up to 0.4 mL
- Continue titrating in 0.1 mL amounts on a weekly basis.
- Most patients achieve therapeutic benefit by 0.4 to 0.5 mL.
- Maximum daily dose is 0.7 to 0.8 mL

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