

GUIDELINE FOR INITIATION AND TITRATION OF ORAL CANNABIS PRODUCTS IN ADULTS

The conventions of pharmacotherapeutics in medicine require dose-specific prescribing information based on results of methodologically sound studies evaluating safety and efficacy. The absence of validated condition-specific dose-response curves for cannabis and its constitutive cannabinoids has led to expert consensus recommendations (1). The Utah Cannabis Research Review Board has approved and recommends the consensus guidance for qualified clinicians in Utah with authority to recommend cannabis products for medicinal use and as an aid to inform all other stakeholders involved in Utah's Medical Cannabis Program.

More specificity may be determined by future clinical trials, at which time these recommendations will be updated. These recommendations are made with the expectation that clinicians recommending cannabis products will be educated in the basic pharmacology of cannabis and its most common cannabinoid constituents.

Clinicians should use their judgment with these recommendations based on individual clinical circumstances (e.g., medication adherence, frailty, risks of cognitive impairment, balance disturbances, falls, potential drug-drug and drug-disease interactions, patient past experience with cannabis, etc.). Modification may include starting with a lower or higher dose of THC (tetrahydrocannabinol) relative to CBD (cannabidiol), a slower or more rapid titration interval, or a lower or higher ceiling dose of THC relative to CBD.

ORAL CANNABIS PROTOCOL*

Initial Dose: CBD 5 to 10 mg + THC 1 to 2.5 mg, once to twice daily**

Increase CBD by 10 mg (5 mg twice daily) per every 2 to 3 days if tolerated until the patient reaches their goals or to a maximum of 40 mg/day.

If goals are not met with this ratio of CBD to THC, titrate THC by increasing it by 2.5 mg/day every 2 to 7 days as tolerated to a maximum daily dose of 40 mg/day THC and 40 mg/day CBD.

**Consult with the registered Utah cannabis pharmacy pharmacist to help obtain a product that best conforms with these recommendations and allows for step-wise initiation and titration.*

***Adapted from Bhasker et al. expert opinion dosing guidance for chronic pain (1)*

1. Bhaskar A, et al. Consensus recommendations on dosing and administration of medical cannabis to treat chronic pain: results of a modified Delphi process. *Journal of Cannabis Research*, 2021; 3 (1):22