

DELIVERY METHODS

The potential effects of cannabis can vary depending on how it is administered. The delivery method can impact the speed of onset, duration of the potential effects, and intensity of the potential effects. The information below can assist in making well-informed choices regarding cannabis consumption.

INHALATION*

Onset: Instant to 30 Minutes

Duration: 90 Minutes to 4 Hours

Inhalation allows the active ingredients to directly enter into the lungs and bloodstream. There are two methods of inhalation: smoking and vaporizing. Potential effects can be felt within minutes depending on the user, strain, cannabinoid content, etc.

Smoking

This is the act of inhaling and exhaling plant material through the process of combustion. Cannabis can be smoked using various accessories or rolling papers.

Vaporizing

A smokeless method that heats cannabis or cannabis oil to its boiling point, creating an inhalable vapor. The temperature for vaporization is much lower than the temperature of combustion, meaning no smoke is created.

*NOTE: MEDICAL PATIENTS UNDER 18 ARE PROHIBITED FROM USING INHALABLE CANNABIS PRODUCTS.

LINGUAL/SUBLINGUAL

Onset: 20-30 minutes up to 2 hours

Duration: 90 Minutes to 4 Hours or more

These products are intended to be absorbed through the buccal membranes of the mouth, skipping the digestive process. Product formulations include oils, sprays, and tinctures.

CONSUMABLES

Onset: 45 minutes up to 2 hours

Duration: 2 to 4 Hours or more (depending on metabolism, meals and medications)

Cannabis products can be digested via food products, capsules, or tablets. These products are swallowed, digested, and metabolized.

TOPICALS/TRANSDERMALS

Onset: Instantly to 30 minutes **Duration:** 90 minutes to 12 hours

Duration: 90 minutes to 12 hours

Applied to the skin, absorbed by the underlying tissue, and distributed to the entire body through the bloodstream. Topical products use high-quality cannabis oil mixed with a thinning agent, such as lotion, oil, or topical ointments.

NOTE: THESE PRODUCTS VARY IN EFFECTS AND DURATION OF ACTION. AVOID AREAS OF THE GROIN OR UNDERARMS. WASH HANDS AFTER EVERY USE.

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Do not use cannabis if you are under twenty-one years of age. Keep cannabis out of the reach of children.



CONNECTICUT GUEST RESOURCES

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DOSING CANNABIS

Each individual reacts differently to cannabis. We encourage guests to start conservatively with lower dosages to avoid any potential adverse effects.

Step 1 - Start slow

Start with 1 to 2 inhalations, or a low dose/single serving until you know how it may affect you.

Step 2 - Wait

The time for any method to take potential effect may vary greatly depending on your own physiological makeup and other medications and/or drugs you are currently taking.

Step 3 - Do not mix

Do not mix cannabis products with other controlled substances, unless directed to do so by your doctor.

Step 4 - Respect your boundaries

Everyone has a unique and personal endocannabinoid system which defines how your body interacts with cannabis. When you start out, try to maintain a consistent consumption method and dosage to more accurately track how the product may impact you.

GENERAL PRECAUTIONS

Warnings

- Keep cannabis out of reach from children and pets. Store in its original child-proof packaging.
- Consult with your doctor regarding interactions with other products, medications or underlying conditions.
- If an allergic reaction or unwanted side effects occur, discontinue use and seek medical attention if needed.
- If pregnant or breastfeeding, consult with your doctor before use and inform dispensary staff.
- Cannabis may remain detectable in bodily fluids and hair for several months.
- Cannabis may affect judgment and coordination. Do not drive, operate heavy machinery or engage in potentially hazardous activities while under the influence of cannabis.
- Use medical cannabis products only as directed.

CANNABIS POSSESSION LIMITS

CT Adult Use Possession Limits – Must be 21 or older	
Daily Purchase Limit	1 ounce cannabis flower or equivalent amount of cannabis product
Possession Limit On your person	1.5 ounces cannabis flower or equivalent amount of cannabis product
Possession Limit In a locked container in your vehicle or dwelling	5 ounces cannabis flower or equivalent amount of cannabis product

CT Qualifying Patient Possession Limits	
Monthly Purchase and Possession Limit	5 ounces cannabis flower or equivalent amount of cannabis product
Patients Under 18	5 ounces cannabis flower or equivalent amount of cannabis product The custodial parent or guardian will serve as the Primary Caregiver and control the acquisition and possession of cannabis or related paraphernalia.

PREGNANCY & BREASTFEEDING

Research shows that if cannabis is used while pregnant or breastfeeding:

- Infants may be born with a lower birth weight, which can cause serious health problems.
- Growth and development of baby's brain can be harmed.

The active ingredient in cannabis, THC (tetrahydrocannabinol), can reach the baby in three ways:

- Through bloodstream and via the placenta.
- Through breast milk. "Pumping and Dumping" is not effective, as THC is stored in fat cells and slowly released over several weeks.
- Secondhand smoke entering infant's lungs.

In pregnancy, no amount of cannabis is recognized as safe. Leading doctors' organizations recommend:

- If pregnant or planning to become pregnant soon, discontinue use of cannabis.
- Avoid breathing in cannabis smoke if one is pregnant.



Scan for references

SIGNS OF SUBSTANCE ABUSE

Signs of substance abuse and addiction can vary from person to person. If you are concerned that you or a loved one may be addicted to marijuana, please consult your physician, local substance abuse program, or drug hotline.

Signs of substance abuse may include:

- Tolerance
- Feeling withdrawal symptoms
- Loss of control over use
- Smoking to escape reality
- Lack of responsibility
- Smoking despite consequences

For Help

Locate drug and alcohol abuse programs via Substance Abuse and Mental Health Services Administration (SAMHSA) by visiting www.samhsa.gov.

For additional information, please call the Referral Helpline:

1-800-662-HELP (English & Español)
1-800-487-4889 (TTY)



Scan for full list of signs & symptoms



Scan for resources