



# Physician Guide

A safe and straightforward approach  
to medical cannabis.

# We help you work closely with your medical cannabis patients.

Who is Aphria?



## Who We Are

Aphria is driven by a commitment to serve doctors, patients and the medical cannabis industry with a higher standard of quality and accountability.

Every Aphria product is truly ‘powered by sunlight’ allowing the most natural growing conditions available. Our cultivation and production process goes far beyond regulatory requirements with over 500 steps, and our Seed-to-Sale quality program guarantees clean, safe, effective medical cannabis without exception. To help ensure the safety of every medical cannabis patient, we’ve asked Health Canada to apply the same level of strict product-testing across the industry.

We also share a common goal with doctors to provide the best care and quality of life possible. Our medical liaisons offer the guidance and resources you need to simplify the process, make the right decisions and continue to work closely with your patients throughout the journey. And while every medical cannabis patient is different, they should never feel alone. Our award-winning Patient Care Team is there to provide personalized assistance from consultation to follow up, every step of the way.



# Get the products and support you need to deliver the best healthcare.

## Our Aphria Promise



**A higher standard of products.**

Every Aphria product is backed by our Seed-to-Sale Certified quality management program.

Before prescribing medical cannabis to a patient, you need to know that it’s effective, reliable and comes from a trusted source. We produce clean, pure, effect products with a cultivation and production process that far exceeds regulatory requirements. We also have a team of leaders deeply rooted in ethical agricultural practices to guide cannabis users, educators and medical professionals.



**Premium care for your patients.**

Our job is to ensure that every medical cannabis patient maintains a close relationship with their doctor while also having access to affordable, effective products and easy registration. Knowing every patient has their own unique needs, our team is there to provide personalized care whenever they need it.



**A clearer path for physicians.**

Keep your patients under your care and maintain control of the process.

When prescribing medical cannabis, it’s important to have the information and guidance you need to make the right decisions. We help you monitor doses, manage side effects, and know when to follow up, so you and your patient continue to work together and reach your treatment goals.



# Understanding the prescription process.

We simplify the process for you and your patients while helping you make important decisions to ensure the best care.





# What to consider when prescribing.

## The patient-treatment agreement.

Provide a clear treatment agreement to establish guidelines. If a patient is ever in breach of the agreement, the prescription becomes null and void.

1–2g

Average dose is 1-2 grams per day.

3g

Upper limit of 3 grams per day for experienced users.<sup>11</sup>

24h

## The initial dosage.

Start low. Go slow. Patients should always begin with a low dose and wait 24 hours before marginally increasing. This allows you to monitor your patient and avoid unwanted side effects.<sup>14</sup> Every individual is different and it's important to assess and monitor dosage through titration.<sup>15,16</sup>



We can help you determine the right form, method and amount to prescribe. For instance, vapourizing is considered safer than smoking and recommended for patients who need a rapid onset of effect (5-10 minutes). Ingested cannabis comes in the form of oil or capsules and has a longer onset of effect (1-5 hours).



## The effects.

It's important for patients to know what to expect before they begin. Cannabis creates two types of effects:

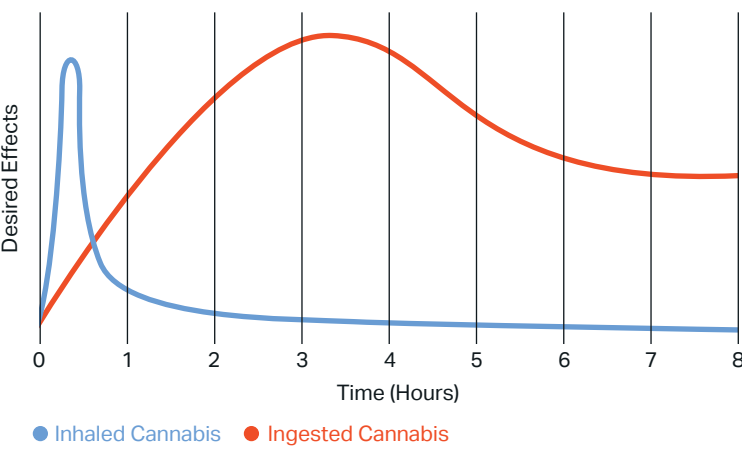
### Gradual Onset

The time it takes for effects to become apparent. May take up to 2 hours longer when cannabis is ingested rather than inhaled and can sometimes last longer than 8 hours.<sup>14</sup>

### Overall Duration

How long the effects last. Patients should allow at least 6 hours between doses, and book regular follow ups to assess how they're feeling.

Figure 1.  
Onset & Duration of Desired Effects: Inhaled Cannabis Vs. Ingested Cannabis



### Onset of Effects



### Duration of Effects



## Drug interactions.

Medical cannabis is generally well-tolerated and serious adverse events are rare.<sup>32</sup>

## Contraindications.

Adverse effects. Healthcare professionals need to be aware of all medications that their patients may be taking and carefully monitor their use in conjunction with medical cannabis.<sup>4</sup>

Opioid sparing effects. In patients with chronic pain, cannabis is associated with 64% lower opioid use, less use of pain medication, and better quality of life.<sup>31</sup>

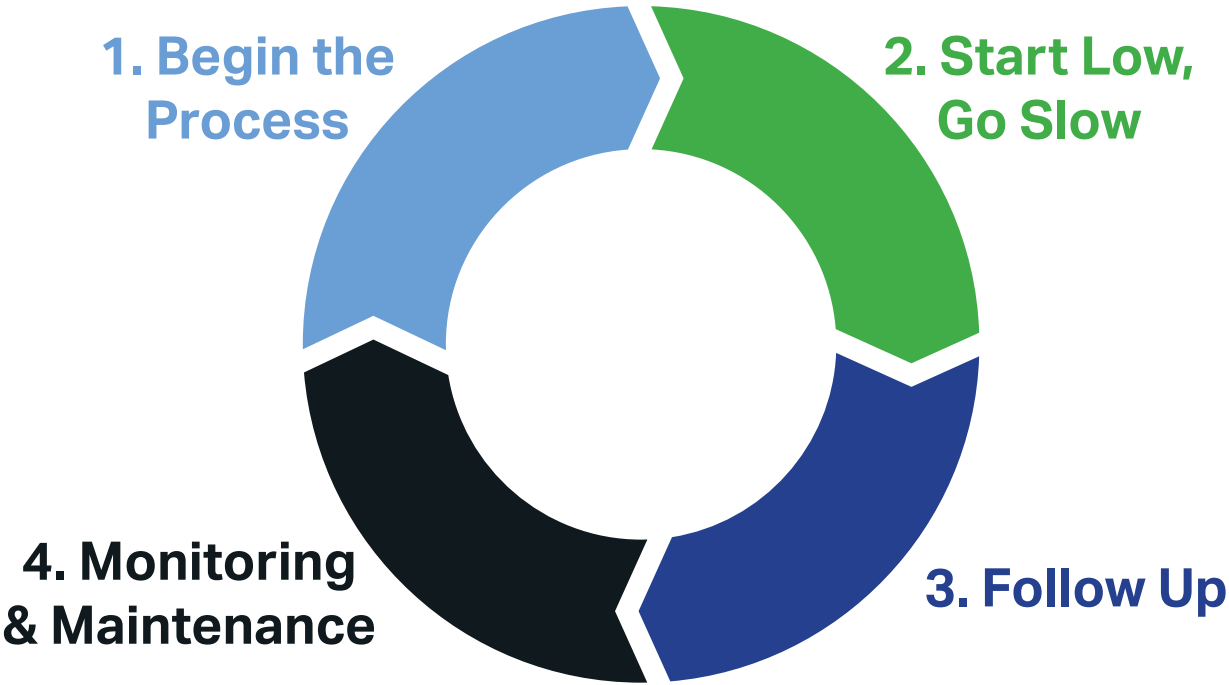
Therapeutic research. A Health Canada summary of the existing scientific and clinical evidence for cannabis and certain cannabinoids suggests there may be therapeutic benefits for a wide range of conditions and symptoms.<sup>15</sup>





# Patient therapy lifecycle.

We partner with you and your patients to help ensure a safe, straightforward path to the best health outcomes.



1. **You and your patient begin the process.**

We help you:

- Work with your patient to ensure the best treatment option
- Evaluate the benefit versus risk

2. **Your patient starts low and goes slow.**

Your patient should always:

- Increase gradually
- note any effects or side effects
- Avoid driving or operating machinery for at least 3-4 hours after inhaling cannabis, and 6-8 hours after ingesting it

3. **Book follow-up to monitor treatment.**

We can help you:

- Provide tools and guidance to assess progress
- Make adjustments where needed

4. **Your patient continues monitoring and maintenance.**

After your patient's follow-up:

- Ask patient to keep a journal of doses and effects
- Determine next steps
- Ask us for help whenever you need it



## **Physician Guide**

**For more information visit [aphria.ca](http://aphria.ca)**