



# PATIENT AND CAREGIVER GUIDE

# WELCOME TO NECTAR!



Nectar strives to provide our patients with the best experience possible while focusing on an individual's wellbeing. Please review the information below to ensure you have a successful visit and are compliant with the expectations of both patients & caregivers as well as dispensaries in the State of Ohio. We're glad you're here!

## WHAT TO BRING?

Registered Patient [Must be 18 years or older]

Active Medical Cannabis Card\*\*

Unexpired State Issued ID or Passport [must match the ID used during registration]

**Please note:** if you are the caregiver for a patient under the age of 18 years, vaporization is not an approved mode of consumption. In addition, the identification numbers on both pieces of ID must match identically to be dispensed medical cannabis.

**\*\*Note:** An active recommendation from a physician with a Certificate to Recommend is required.\*



## RULES WHILE ON THE PREMISES:



### NO CONSUMPTION OR VAPORIZATION

No consumption or vaporization of any type is permissible on site, in the parking lots or surrounding areas of a Nectar Medical Cannabis Dispensary.



### NO LOITERING

We want to be your favorite stop of the day, but there may be no loitering inside or outside of the dispensary before or after your purchase.



### NO FOOD OR OUTSIDE BEVERAGES

Please finish food or drink prior to entering the dispensary, or leave it in your vehicle. For your convenience, we have water available in our lobbies



### NO PHOTOGRAPHY OR VIDEOGRAPHY

Smile, you are on camera! However, for patient privacy and security, photography and videography within the dispensary are not allowable.

## TOLERANCE, DEPENDENCE AND WITHDRAWAL:

Should you feel that you or a loved one are experiencing substance abuse issues, dependency issues or symptoms of withdrawal, consult with your recommending or other physician, or contact your local drug hotline or substance abuse programs.



# COMMON SIGNS OF DRUG DEPENDENCE ARE:



Failure to fulfill  
work/family  
responsibilities



Inability to  
decrease use



Using more  
medicine than is  
necessary for  
symptom relief



Not feeling in  
control of usage



Combining with  
other medications  
to increase high



Ignoring  
consequences of  
use

Additional resources for substance abuse counseling and programs are provided below:

1. Ohio Mental Health and Addiction Services 800-720-9616 | [Ohio.gov](http://Ohio.gov)
2. The Substance Abuse and Mental Health Services Administration  
800-662-HELP (4357) [SAMHSA.GOV](http://SAMHSA.GOV)
3. Recovery Ohio - 877-275-6343 | [RecoveryOhio.gov](http://RecoveryOhio.gov)

**\*\*If you feel that the positive effects of medical cannabis are diminishing due to an increase in tolerance, it is recommended to discontinue use for 24 hours or greater\*\***

**\*\*Note: The possession of medical cannabis is federally illegal. Smoking medical cannabis is not permitted in the state of Ohio.\*\***



# WARNINGS AND SIDE EFFECTS

- **Warning:** this product may cause impairment and may be habit forming There may be health risks associated with consumption of this product.
- Products should not be used by women who are pregnant or breastfeeding.
- For use only by the person named on the label of dispensed product.
- Keep out of reach of children.

## SIDE EFFECTS:

Impaired Coordination	Anxiety	Euphoria	Increase Appetite	Lightheadedness or Dizziness when standing up
Impaired Thought	Paranoia	Dry Mouth	Drowsiness	
Elevated or Rapid Heart Rate	Memory/ Cognitive Issues	Red Eye	Dizziness	

**\*\*Cannabis can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. Patients should be advised that the use of medical cannabis can affect the ability to perform day to responsibilities such as childcare and job performance.\*\***

# RECOMMENDED MEDICAL GUIDELINES:

Patients that are experiencing negative side effects, adverse reactions or just have inquiries in general should discontinue use until consulting with their recommending physician or calling the OMMCP hotline at 833-464-66627. If you feel you are experiencing serious or life-threatening issues, seek immediate medical attention.

When consulting with your recommending physician, be sure to disclose the following:

- 01 Any Pharmaceutical Medication
- 02 Prescriptions
- 03 Over the Counter Medications
- 04 Vitamins/Dietary Supplements
- 05 Any other substances you consume that can potentially interact with medical cannabis and medical cannabis products.

Some interactions occur between medical cannabis and recreational alcohol that can cause significant impairment issues with bodily response times and coordination, and cognitive ability as well as cause dizziness, sweating, nausea, and even vomiting.

Increased lethargy, sleepiness, and sedateness can occur when combining medical cannabis with antihistamines, opioids, muscle relaxers, barbiturates, and benzodiazepines.

(Resource- [Drugs.com Cannabis Drug Interactions Checker](#))

# RECOMMENDED DOSAGE GUIDELINES:

After consulting with their recommending physicians, patients new to cannabis are encouraged to utilize our complimentary medical cannabis patient log to help better understand how medical cannabis affects them.

It is generally a good practice to start with very conservative serving sizes of the product forms discussed with your recommending physician, especially when ingesting medical cannabis. Our dedicated staff are happy to help you find the most helpful form of consumption for your needs and lifestyle.

Some things to take into consideration when evaluating product types are value, and activation and duration times. Additional factors to consider are discretion of use, ease of use, and if additional state approved equipment is needed to consume safely.

The extraction of cannabis can be a dangerous process that is prohibited by anyone other than an entity licensed by the Ohio Medical Marijuana Program with processor designation.

## METHODS OF CONSUMPTION:

Oil	✓	Creams	✓	Transdermal patches	Metered Oil or solid preparation for vaporization
Tincture	✓	Ointments	✓	Lotions	
Capsule	✓	Edible	✓	Plant material for vaporization	

	Plant Material	Ingested Products	Oil or Solid for Vaporization	Transdermal Patch, Topical Lotions, Creams, Ointment	Things to Know
Whole Day Supply	2.38 grams (0.1 ounce)	110mg of THC	590mg of THC	295mg of THC	Smallest quantity available for purchase per package. Products that exceed daily increments will be counted as an additional day's supply
90 Day Supply	254.7 grams (9 ounces)	9.9 grams of THC	53.1 grams of THC	26.55 grams of THC	Split into two 45-day fill periods
Terminal Patients	2.38 grams (0.1 ounce)	11 grams of THC	59 grams of THC	29.5 grams of THC	Limits for patients diagnosed with a terminal illness
Requires Device	handheld or tabletop vaporizer, pipe or water pipe, flower grinder	N/A	battery/pen for cartridges/pods or vaporizer compatible with concentrates	N/A	Nectarines are happy to help navigate the compatibility and suitability of medical cannabis products and accessories
General Onset/ Activation Times	5 to 10 minutes	30 minutes to 2 hours	5 to 10 minutes	10 to 60 minutes	Keeping a log will help you best understand how specific products and types of cannabis will affect you
General Duration Times	1 to 3 hours	2 to 6 hours from onset	1 to 12 hours depending on tolerance and experience	Topicals - 1 to 3 hours Transdermals - 6 to 12 hours	Use your log to keep track of other factors that may affect your experience, like rest, hydration, sustenance, other medications, pain levels, etc.
Suggested Serving Sizes for 1st Times	1 puff, wait 15 minutes and assess effects before further consumption	First time users can start with 2.5 to 5mg and increase by 5mg intervals until desired results are achieved	1 puff, wait 15 minutes and assess effects before further consumption	For topical application, a little goes a long way, transdermal patches should not be cut	It is not necessary to feel the euphoric effects of medical cannabis to receive the medical benefits it can provide. Medicinal cannabis can be overwhelming to new consumers- discretion is advised.
Things To Know	It is not legal to combust plant material under MMCP rules	Different serving sizes might be best for different times of day	Discreet and convenient consumption method	Topical products have shown little to no psychoactive effects and are a good way to manage localized pain	For first time and novice users, it is best to have a trusted friend or loved one be with you or know that you are consuming. Create an environment that is free of responsibility and decision making that you are safe and comfortable within.

