

Robert F. Sterner, Jr., M.D.
1516 W Redwood St. Ste. 202
San Diego, CA 92101
619-543-1061/619-543-0043 Fax

INFORMED CONSENT FOR SAFE USE OF CANNABIS

Introduction: Cannabis is a useful medication for many people for a variety of conditions including pain, spasticity, anxiety, depression, headache, nausea, anorexia, epilepsy, asthma, insomnia, dysmenorrhea, premenstrual tension (PMS), withdrawal from other drugs and glaucoma. It must be used with responsibility, common sense and knowledge of its positive effects as well as potentially adverse affects. The sale of marijuana is strictly forbidden and against the law. Under California Health & Safety Code 11362.5, you are prohibited from engaging in conduct that endangers others, nor to condone the diversion of marijuana for non-medical purposes.

Pharmacology and Mode of Action: The chief active agent is 9-tetrahydrocannabinol (THC), but there are 60 other cannabinoids, which have been identified. Cannabis primarily acts on the central nervous system.

Uncertainty of Potency: Because of current uncertainty of supply from cannabis' illicit status there can be a great variation in strength requiring cautious experimentation.

Therapeutic Effects: Anathematic (anti-nausea), anticonvulsant, analgesic, bronchial dilator, causes reduction of intracocular pressure, anti-microbial action, antioxidant, increase in heart rate, appetite stimulation, anti-anxiety effects and enhancement of mood.

Precautions and Potential Adverse Effects: Smoking cannabis can cause an irritation of the throat. Prolonged, repeated exposure to these irritants can lower resistance respiratory infections. For this reason we encourage you to use other forms of ingestion including tinctures, food products, capsules and use of a water pipe or vaporizer. No other health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages. Intake of toxic dosages can cause the following adverse reactions: mental effects including time distortion, paranoid psychosis, racing thoughts, disorientation, mood swings, inability to think clearly, confusion, lack of concentration, impairment of short term memory, heightening of sensory impressions, anxiety, paranoia, panic, fear of loss of control, alienation or detachment, increased heart rate, dry mouth and reddened eyes. The greater the overdose the longer these stimulant effects will last and the greater their intensity. Chronic use can result in laryngitis, bronchitis, suppression of immune function, apathy, psychic decline and disturbance of genital functions.

Pregnancy and Lactation: Safe use has not been established and there is a lack of research in this area. It is Dr. Sterner's recommendation a woman refrain from use during this time.

Dosage: Starting with a small amount and gradually increasing the dose until the minimum effective dose is reached is the key to avoiding unwanted mental side effects. Effects from smoking occur within a few minutes, peak in 30 minutes and last approximately 3 hours; while oral ingestion takes 30-60 minutes, peaks in 2-3 hours and lasts for approximately 8 hours. Because the oral route takes two to three hours before onset, the most common mistake of the inexperienced user is to repeat the oral dose with the consequence of overdosing.

Dependence and Withdrawal: Withdrawal from chronic cannabis use can produce several nights of more intense dreaming and possibly some slight increased nervousness during the day.

I, _____, have read and understand the above-referenced information on medical cannabis. I understand with any medication I need to be careful while operating a motor vehicle or performing hazardous activities. Also, I understand that Dr. Sterner does not supply medical cannabis or issue a prescription but issues a medical recommendation based on my medical condition and/or medical history. The medical recommendation is valid for 6 months/one year from its date of issue and can be renewed upon a physical examination with Dr. Sterner.

Patient Signature: _____ Date: _____