

Patient Number: _____

ReleafMD Wellness Center
shopreleafmd.com
+1(844)735-3231



TRANSFER PATIENT

Thank you for transferring to Florida Medical Cannabis Clinic. We are so happy to join you on the path to better health. This sheet is a reminder of some of the most important parts of navigating medical cannabis.

Obtaining and Using Medical Cannabis

To purchase medicine you can contact or visit the MMTC (dispensary) of your choice. You do not need to contact us prior to making a purchase. It's important to understand that cannabis cannot be legally prescribed like a traditional medication. You will receive a recommendation, not a prescription. Your recommendation WILL NOT specify the exact medication, how much to take, and when to take it. We have provided you with education and guidance on how to start and some products you may want to try based on your needs and preferences, but you are in control of your own dosing and method of delivery. While this does take some learning and experimentation, patients overwhelmingly value the sense of empowerment that the flexible nature of cannabis medicine brings into their lives.

We encourage you to do your own research and learn about cannabis. The more active role you take in your cannabis care the better results you will see. Take time to learn, review dispensary websites, and make a plan for your orders. Sign up for MMTC email lists and text alerts for discounts and sale notifications. You can consult our website, patient guide, and other online resources like www.leafly.com for further information. On our website is a Patient Resource Hub with links and information about using cannabis, local dispensaries, and the program in general.

Taking note of your symptoms and listening to your body is important for getting the most out of your cannabis medicine. Rate your symptoms and/or note how you are feeling prior to dosing, what strain/product you used, how much, and note how you feel after. Pay attention to which strains/products work best for which symptoms and use accordingly as you move forward.

Bring this information to your follow up appointment so we can better assist you.

We will need to see you back for a follow up exam in 6 months. These appointments are required to maintain legal status as you must have an active ID card, certification, and medication orders at all times. Your card must be renewed on a yearly basis.

Your Medical Cannabis Recommendation

The details of your recommendation can be found in the State Registry at <https://mmuregistry.flhealth.gov/>. The dose recommended is a standard MAX dose per day - DO NOT START THERE. *Everyone's perfect dose is different. Start low and slowly titrate your dose up/down over time until you find what best alleviates your symptoms. Dose as frequently as you need increasing/decreasing your dose as needed.*

Medication Types

- CBD (*non-euphoric*)
- THC (*euphoric*)

Delivery Route (onset time/duration)

- Inhalation (*onset 1-5 min/duration 1-4 hrs*)
- Sublingual (*onset 15-45 min/duration 3-6hrs*)
- Oral (*onset 30-120 min/duration 6-8 hrs*)
- Topical/Transdermal (*varies by type*)
- Suppository (*onset 20-30min/duration varies*)