MEDICAL CANNABIS MEDICATION TRACKER

NAME _____

DOB _____

PHN _____

DID YOU KNOW?

Medical Cannabis has two main components that help with symptoms:

THC AND CBD

Each of these components can help with specific symptoms:

THC	CBD
Anxiety	Anti Inflammation
Sleep	Pain
Appetite	Anxiety
Nausea	Seizures
Pain	Nausea

THC in higher doses can be responsible for so called "psychotropic effects" or feeling "stoned". Adding CBD to the mix helps to minimize that effect.

DID YOU KNOW?

Medical Cannabis can be vaped (preferable to being smoked), but can also be taken as an oil or edibles. The oil takes a little longer to start working but has the benefit of lasting much longer... 8 – 12 hours generally.

DID YOU KNOW?

You should not drive for at least
4 hours from smoking or vaping marijuana or
8 hours after ingesting cannabis oil.

MEDICAL CANNABIS RX TRACKER

Date	Symptoms	Dose Times	Cannabis Description Number 1	Cannabis Form e.g. oil, dried herb, edibles	Cannabis Description Number 2	Cannabis Form e.g. oil, dried herb, edibles	Dose (ml or mg)	Symptom Rating Scale 0-10 (10 worst) Before and After Taking Cannabis Dose	
								Before	After
		AM							
		NOON							
		PM							
		PRN							

Notes: _____

X ADVERSE EFFECTS RECORD X

Date: _____

SIDE EFFECTS	MIDNIGHT	0100H	0200H	0300H	0400H	0500H	0600H	0700H	0800H	0900H	1000H	1100H
CONFUSION												
DIZZINESS												
DRY MOUTH												
DROWSINESS												
DISORIENTATION												
BALANCE PROBLEMS												
FEELING "HIGH"												
OTHER:												

Date: _____

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EDMONTON SYMPTOM ASSESSMENT SYSTEM (ESAS-R)

Please circle the number that best describes how you feel NOW:

NO PAIN	1	2	3	4	5	6	7	8	9	10	WORST POSSIBLE PAIN
NO TIREDNESS	1	2	3	4	5	6	7	8	9	10	WORST POSSIBLE TIREDNESS
	(Tiredness = lack of energy)										
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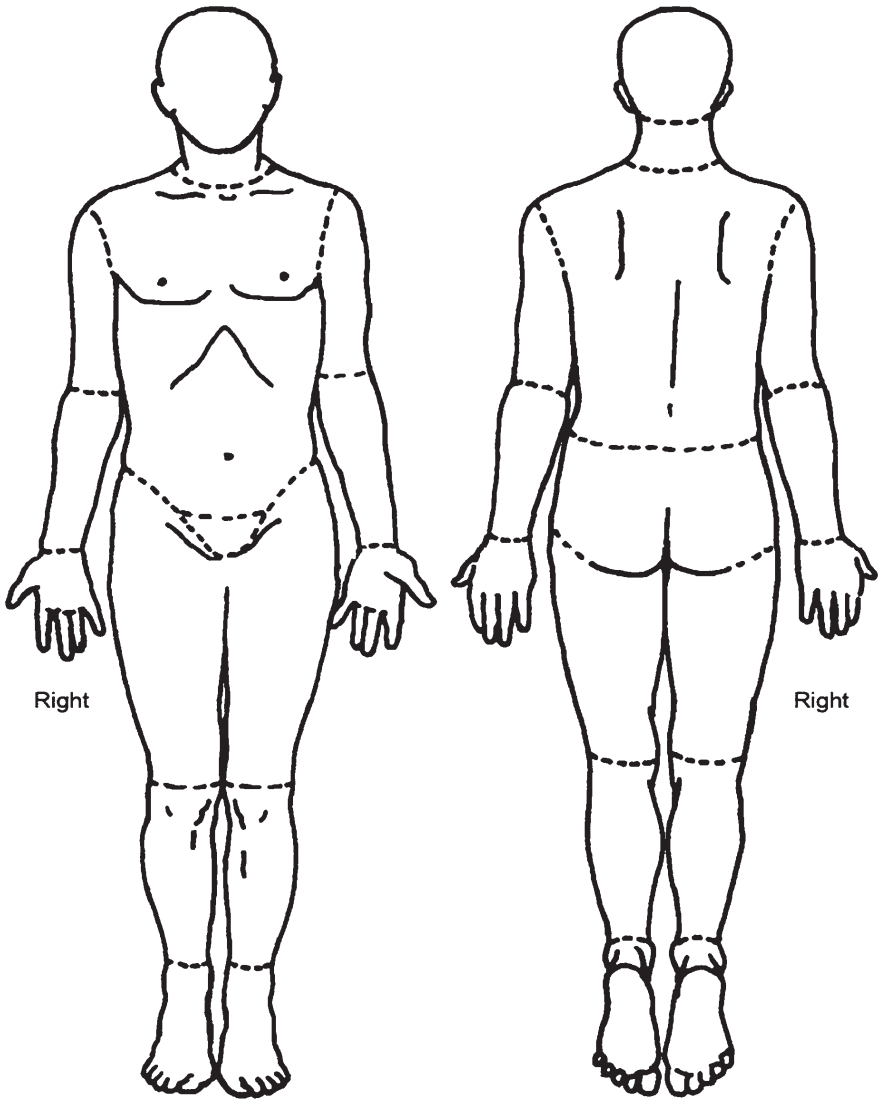
	(Well being = how you feel overall)										
NO OTHER PROBLEM _____	1	2	3	4	5	6	7	8	9	10	WORST POSSIBLE PROBLEM _____
	[for example constipation]										

Please mark on these pictures where it is that you hurt:



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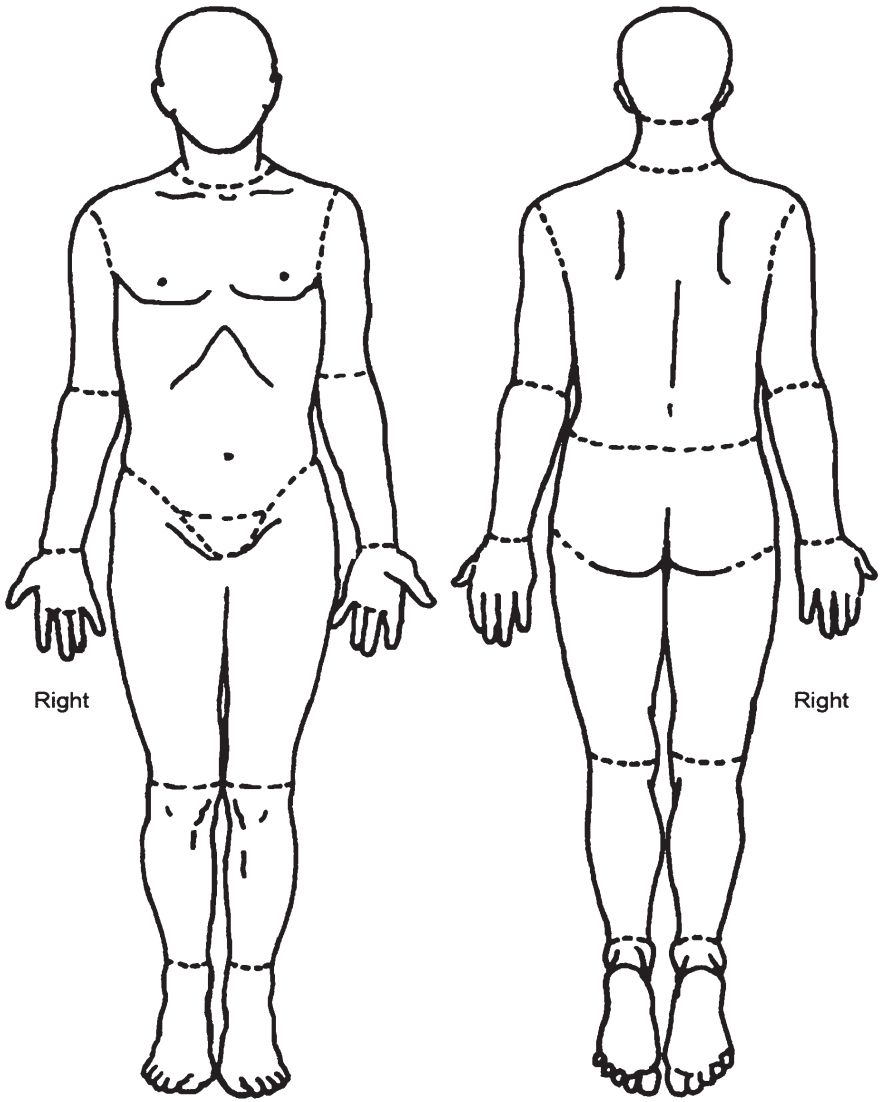

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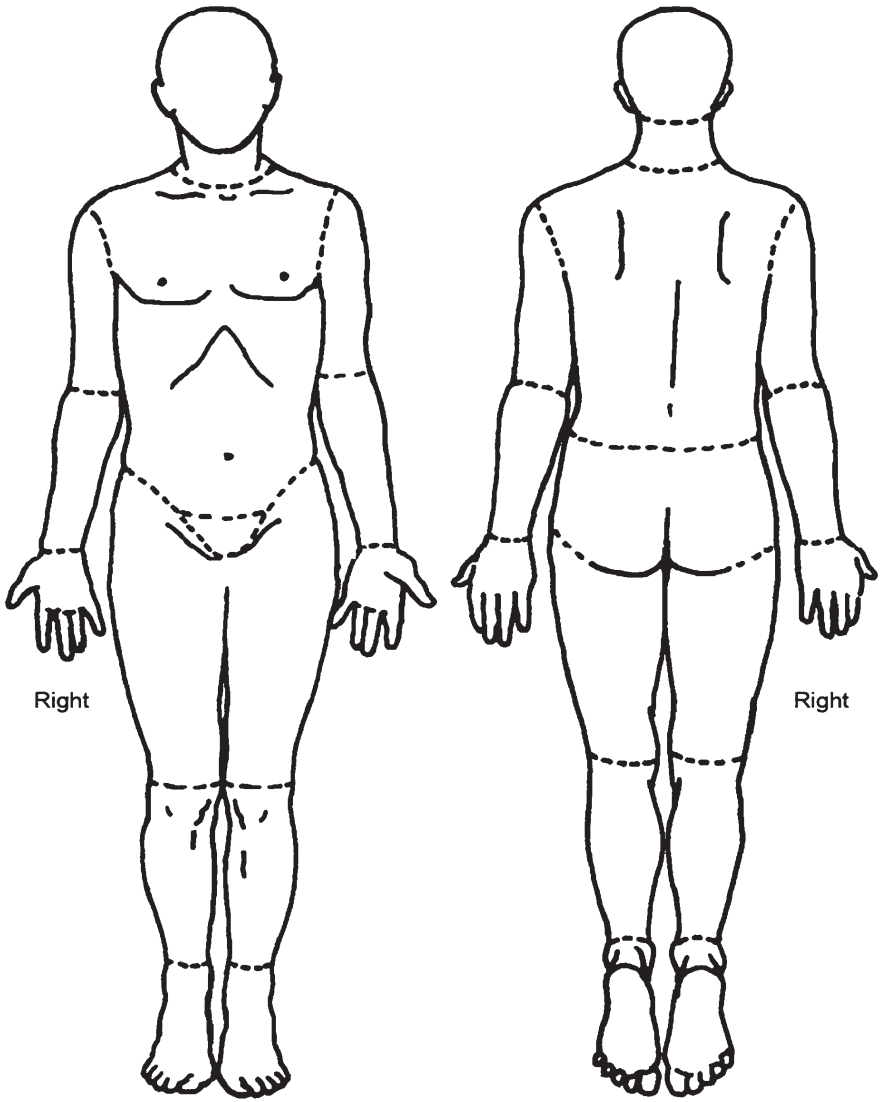

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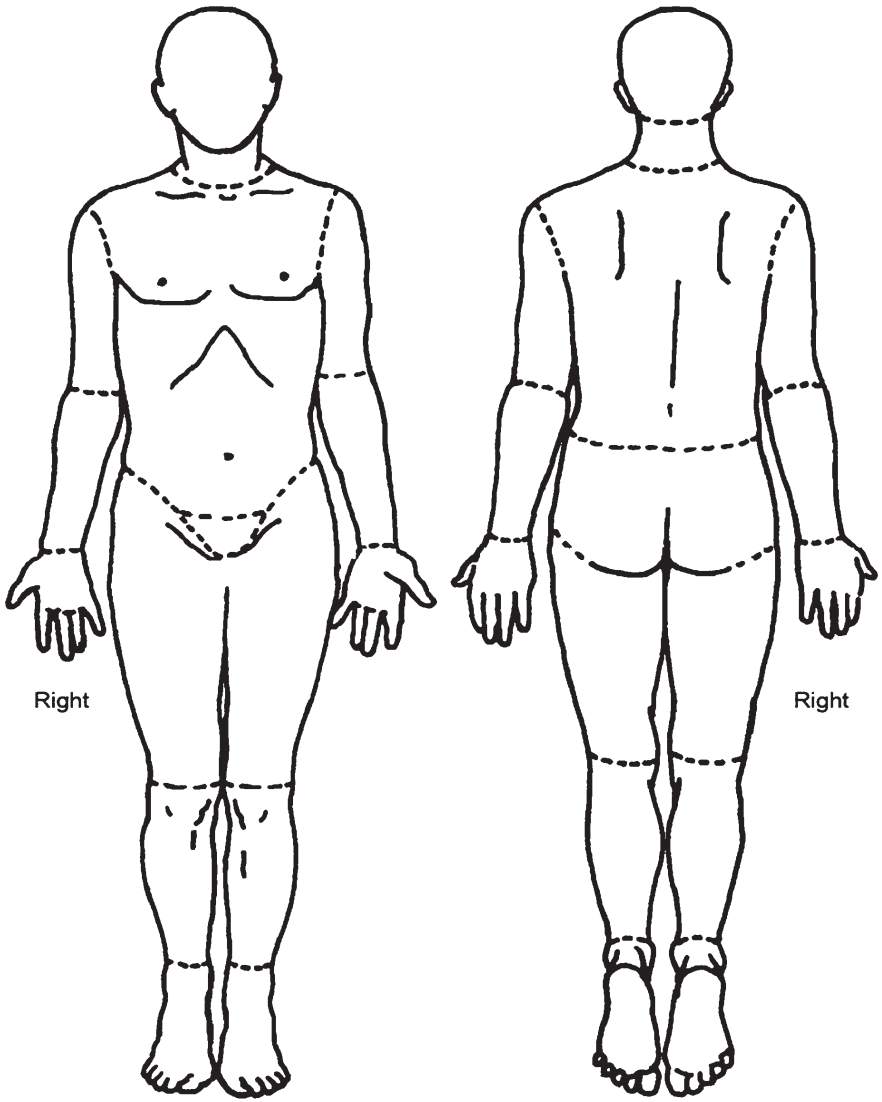

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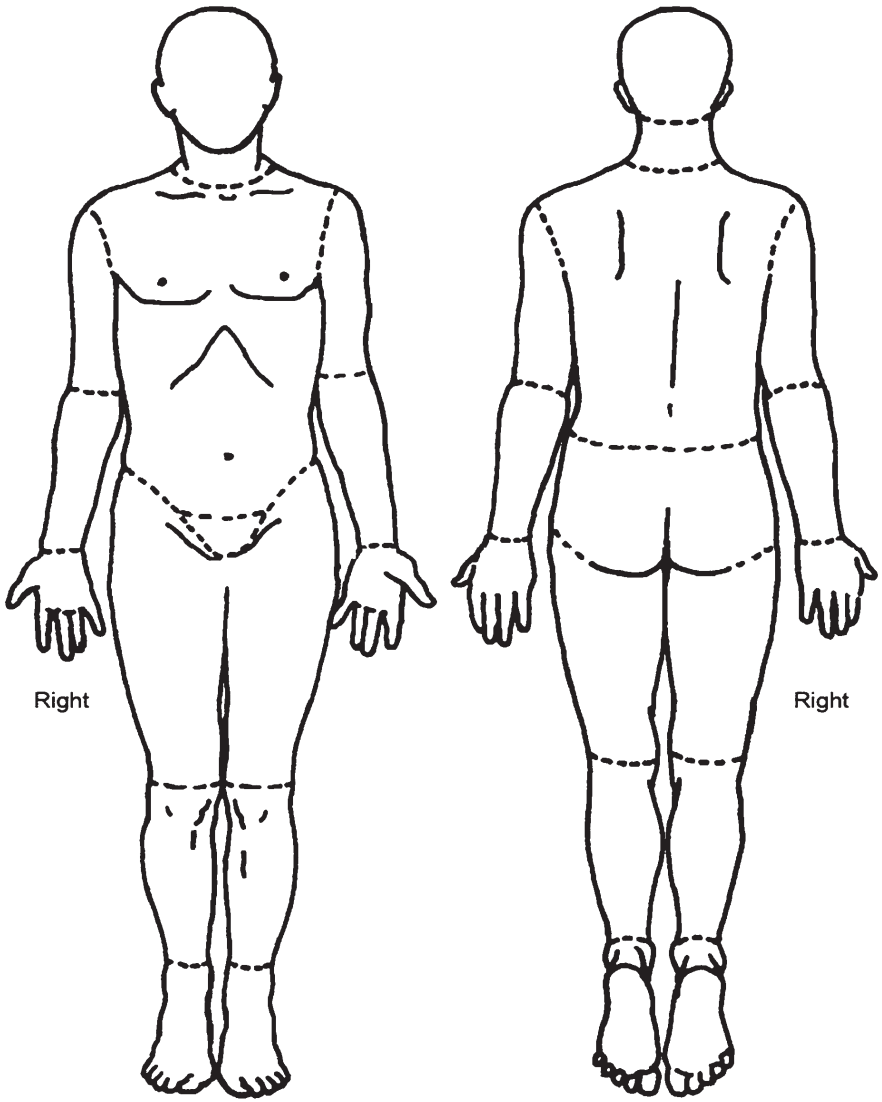

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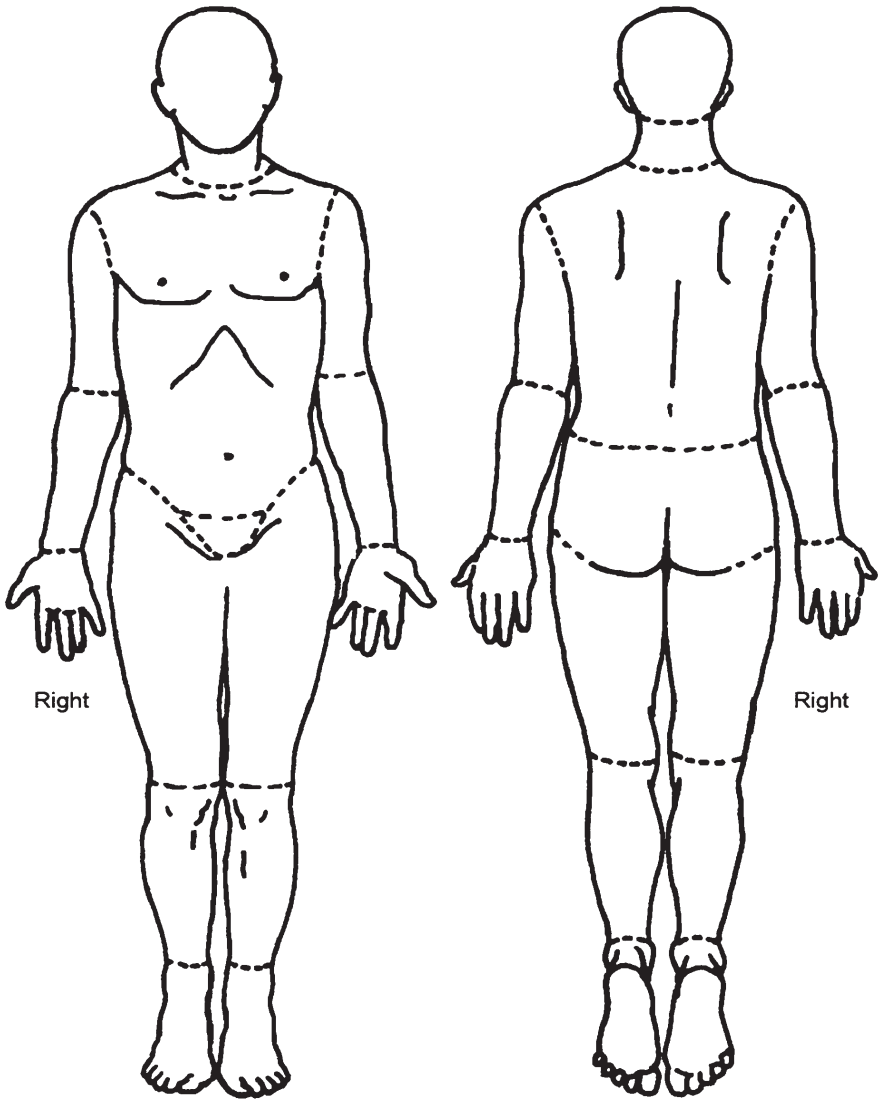

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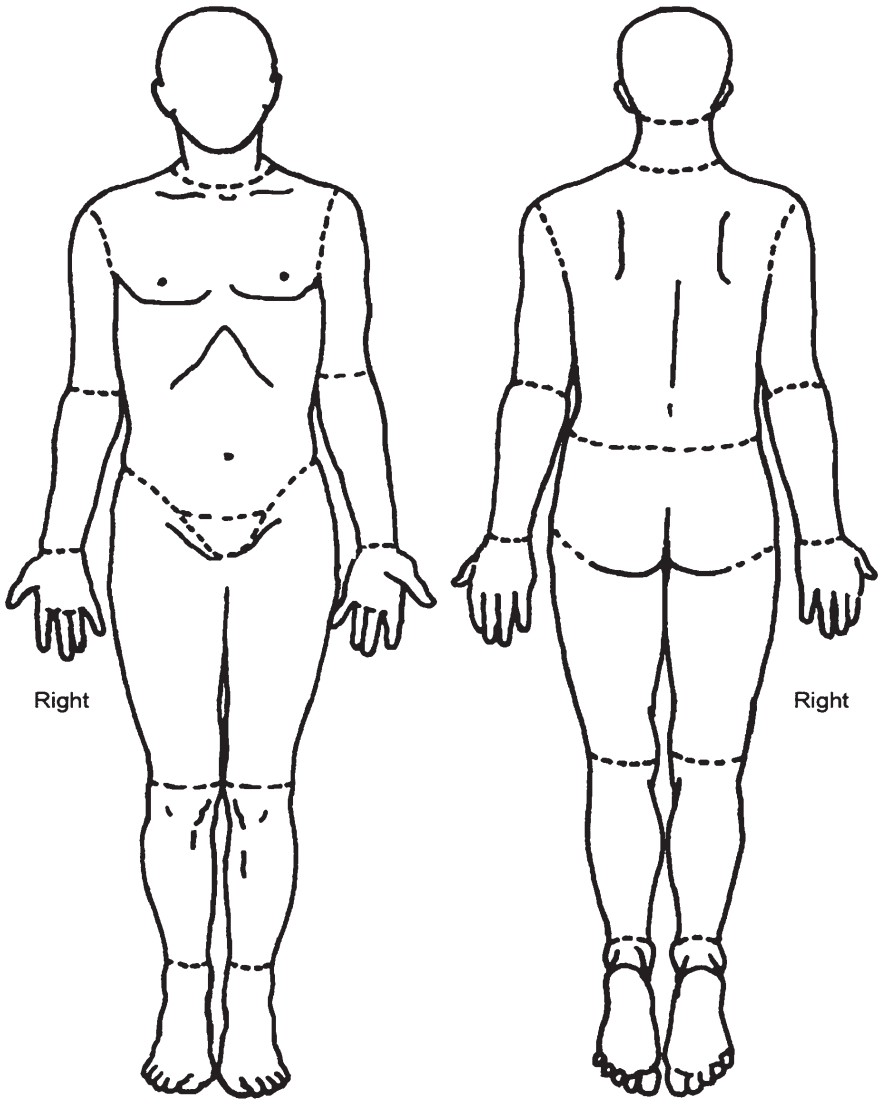

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