

## Appendix C: Patient-Reported Negative Effects from Medical Cannabis

Note: Word choice and spellings have been retained as written by respondent to avoid inadvertent mischaracterization of intent. Brackets have been used to explain words redacted to prevent individual identification or for other reasons. Negative effects are broken down into type of negative effect, and by negative effect score rating.

### Access-Related Issues

#### 1: No Negative Effects

- None but I have to drive 100 miles to obtain it which is really inconvenient
- The only negative I can think of is that it's illegal on a Federal level making it hard to use in certain places. Also traveling outside the state.

#### 2

- Distance traveled to the pharmacy.
- Do to my profession I have to stop taking medical marijuana and have to start taking all the other pills again.
- It is still illegal and against workplace rule, even if never using it before or during work.
- [CANNABIS PATIENT CENTER] ran out of product, was inconvenience to me, substituted other product that did not work
- Travel to pick up in Hibbing. Some stigma..

#### 5

- Traveling is an issue, of course, taste, lack of variety in products, edible, pills, . Sometimes not convenient to carry liquid with you. When titrating off of Other meds it would be nice to have the flexibility to take a brownie or thc candy to get you through the ups and downs of titration. Medicine gets boring when you are under the influence 24 hours a day and you only have access to 3 delivery methods. Also vaping is heavy in the lungs. We need other items.
- While traveling to my aunts memorial service in Kansas I was unable to bring along the cannabis. This was difficult because I suddenly was forced to resort to other medication and the timing was off because the medication doesn't always work so easily at the start. I found myself experiencing some discomfort, and wasn't sure if it was the nature of the visit, (Losing my only aunt) or lack of being able to carry the cannabis out of state. Sometimes I meet supposedly intelligent people who have assumptions about cannabis, based on their own past or others and they assume using even CBD means I am stoned, which it takes some time to convince those people I use it for comfort, not to get high. We have an ignorant population in MN. It would help if people were given open

information about how medical cannabis is used and how it works, including the THC portion as well.

## 7: Great Deal of Negative Effects

- Considering it is still Legally Certified it is NOT Legal!! There is a huge stigma about it... Believe me, I understand! I'm doing this solely for my daughter & her PTSD. She has been Inpatient treatment at 9yrs for a year! We have tried everything!!! She had a panic attack & was brought by Ambulance to the hospital. She had THC in her system, clean of every other chemical! My Daughter was shamed & ridiculed by the hospital staff, including the Doctor!! ""Sure you are medically on Cannabis!"" He looked 25yrs old. I was insulted & shamed for going to such an inappropriate ""New way of thinking Medicine"" The Doctor advised me I should look into something else to feed my child! The doctor & 2 nurses made a comment when they found out she was really Certified for the Medication! No apologies, not even to my 11yr old Daughter. [PATIENT] is required to go to Respite twice a month & I was told by the provider she could not bring her Cannabis medication with her, because of the difficulties. She cannot have it at school if she is to accidentally to forget her dose in the morning at home, Like a Methamphetamine or any other Scheduled chemical! She cannot have her sublingual spray at school in case of a panic attack! I have to drive over an hour away to pick up her medication & sorry to say is not always easily affordable for a single parent!

## Physical Negative Effects

### No Score

- Major daytime drowsiness 2-3 naps per day up to 4 hours napping

### 1: No Negative Effects

- Some bad breath
- Before I became used to it and before I got the correct form of cannabis and amount figured out I was pretty tired. Now that my pharmacist and I have worked out the correct dosage and form, I have very few problems with being tired.
- Decreased effectiveness of current medication
- Distance to patient center
- Reactions from inhaled products containing MCTs
- Cost
- Do not like how my lungs felt while using the vape.
- Dry mouth
- dry mouth
- headaches
- increased sweet tooth
- Occasional diarrhea.

## APPENDIX C: PATIENT-REPORTED NEGATIVE EFFECTS

- The only thing I have experienced from using the vaporization cartridges is coughing. I have not tried any of the other forms of the medication.
- The worst thing I have experienced is a slight gain in weight but nothing more than 5 pounds..

### 2

- can get extra sleepy
- Coughing from vaporizing..
- Dizziness and confusion
- Dry moutg
- dry mouth
- Fatigue headache
- Fatigue, dry eyes
- heartburn from vaping
- I eat more junk food.
- Increased appetite
- Increased appetite
- Initially I had a dry mouth and speaking was difficult but that resolved on sublingual oil. Sublingual oil works for my PTSD, but I'm still not sure about the effectiveness of vaping for me. That makes me feel 'high' which I don't like. Headache may occur on vaping for me but never on sublingual oil.
- It causes significant dry mouth, it is a risk factor for periodontal disease.
- There is a lot of social stigma regarding use.
- I have significant confusion about when/where/how I can use outside of my own home.
- It is hard to take it right away in the morning when I'm waking up. It makes a little more lethargic but I've figured out a system of to take it later, and I love the people at [CANNABIS PATIENT CENTER].
- I've gotten too tired during the day, I've gotten headaches, some lightheadedness with the [HIGH CBD PRODUCT] one.
- Mild drowsiness, fatigue
- only thing is the increased appetite during the middle of the night, but its really not a big deal.
- plastic taste
- rebound pain
- Red eyes transpation to and from clinic over eating
- Short term memory difficulty.
- Reduced fine motor control
- Sleepiness
- slight headache
- Small increase in appetite

## APPENDIX C: PATIENT-REPORTED NEGATIVE EFFECTS

- Some drowsiness
- Some dry mouth, at times, when using p/o medical cannabis capsules.
- Some tingling pain in the hands and face for approximately 2-3 hours after initial use.
- Stomach upset (minor)
- Thirst
- Tired
- Vaping has made me cough more often.. But not bad..

### 3

- Dry mouth
  - Less appetite
- Dry mouth, coughing
- Gain weight
- It makes me sleepy and I have to be aware of taking the medication and driving or when I plan on going out grocery shopping.
- Maybe a little eye twitching so far.
- Taste yucky
- The vape tends to burn the back of my throat even on the low burn setting. They suggested drinking cold water before and after use. Not always available.

### 4

- I stopped my dosage for a week, and experienced some light withdrawal effects. Increased sweating, higher anxiety kicked in towards the end of that week. Very similar to anti depressants and anti anxiety meds in that regard.
- diarrhea
- dizziness
- fatigue
- shakes
- all improved once right dosage found
- For migraines- I have to be very careful to stick to cbd dominant formulations because thc makes headaches worse. I find [BALANCED THC:CBD PRODUCT] and [HIGH CBD PRODUCT] work very well for me.
- Some dizziness, nausea
- The THC capsules from [CANNABIS PATIENT CENTER] seem to cause some constipation.
- The high THC medicines also cause intense hunger cravings. I need to avoid gaining weight, so its negative to me. Too much CBD can make it hard to get things done, it's a tired heavy feeling.
- upset stomach, nausea
- When I first took THC, the dosage was gradually titrated upward. Once the dosage got up to around 5 plus ml, my progress flipped and the THC had the opposite effect. I

continued to work with the pharmacists, as Leafline, to find the right dosage. That was the difficult part. There was no "danger", I found, in taking medical cannabis. Symptoms worsened, only temporarily, when the dosage got too high for me.

## 5

- 1. Ringing and popping in the ears
- 2. Headaches when I am off the medicine or am out of supply
- extremely tired, bizarre dreams, interrupted sleep, worse depressive feelings

## 6

- Temporally not taking medical cannabis due to negative effects and complications it causes with my medications used for spine pain, fatigue and other medical problems. See No. 6 below.
- vaporizing is most effective but can cause some coughing during use

## 7: Great Deal of Negative Effects

- IT ALMOST KILLED ME. How much more negative can it get?

## Mental Negative Effects

### 1: No Negative Effects

- If I have too much, it doesn't let me sleep right away. Its hard to sleep when the phosphenes are creating patterns, but the effect slowly calms down and I still sleep.

### 2

- It's hard using medical cannabis on the move because I don't necessarily feel comfortable driving on it even though the scientists do a very great job of removing psychoactive effects from it. by no means am I not safe on the road I just prefer to be sober when driving
- At most some paranoia
- At the beginning it took a little bit to figure out the dosing on the vape. I got too stoned a couple of times early on.
- Can't be driving when you medicated ,because you had a panic attack.
- Care less about things, sort of disconnected.
- Experienced anxiety at first but that is less now
- I am more forgetful
- I notice at the end of the day when the effects of my meds are starting to wear off I do become forgetful. Maybe ill I misplaced my car keys and spend 5 minutes looking for them, or perhaps I will forget to brush my teeth before bed. It could also be I am just tired from the day as well. I would like to comment that any negative side effects of this

medication I have found to be insignificant compared to the great deal of positive side effects I have experienced.

- I took a product that was too high in thc at the time and got paranoid
- If I'm not careful I lose ambition and motivation. Medicating appropriate amounts at the appropriate time is key.
- It has been more difficult to get out of bed some days.
- It has been more of [PATIENT]'s mindset as opposed to a negative side effect.
- mental confusion, dry mouth
- My memory hasn't been as great. That's the only complaint. (My memory has be bad anyway due to a TBI)
- occasional memory loss
- Restrictions for driving, and don't take it during work
- Some decreased short-term ability to converse actively with others right after use.
- Some rimes I want to be lazy but I overcome those feelings in seconds. Cannabis is the best treatment for my PTSD.
- Very slight memory issues. Side effects lessen as I am finding my appropriate dosage. The major barrier was making sure I continued medicating, even if I didn't like all of the side affects. I treated it the same as any other prescription.

### 3

- A bit of mental clouding but not much.
- Anxiety discomfort
- I hate that at times I cannot drive.
- It's a learning curve to figure out how much helps nausea, and too much makes it worse.
- lazy wanting to sit to much
- Light anxiety
- Some depression
- Dizziness
- Headaches
- Mental clouding
- Short term memory loss, increased paranoia
- THe CBd oil actually makes me more anxious sometimes.
- I also have noticed some paranoia while using it making me more jumpy.
- I feel like my body is starting to adapt to the oil and need more to get the same effects.

### 4

- At times it puts me into a deep thought state of mind, and can cause me to have bad anxiety attacks.
- I find the more cbds in the medication the more spacey and forgetful I get. I'll forget where I left my purse around the house.

- I had one bad experience. I got the [BALANCED THC:CBD PRODUCT] and took just the vape - I had panic attacks two nights in a row. On the previous [BALANCED THC:CBD PRODUCT] vape I hadn't had any issues. I found out that apparently there are two different kinds? One good for PTSD/panic and one not - and in Minnesota they don't sort by those types. That's kind of prohibiting for me because sometimes I've noticed a difference with each kind of vape from the previous time when I get a refill, and that's frustrating because it costs so much and I can't just get two and hope that one is more effective. If that makes sense.
- mood worse dark thoughts crying anxious
- When trying the trial packs to see which one I should take some would keep me awake.

## 5

- memory/ confusion
- less motivation
- weight gain
- spacy feeling with levels of thc.

## 6

- Mainly in the morning. I am a bit slow waking up.

## 7: Great Deal of Negative Effects

- Severe depression and suicidal thoughts

## Other Negative Effects

### 1: No Negative Effects

- Cost is the only issue, the quality and effect of the medication is ideal!
- Cost of medical cannabis
- Costs too much
- Haven't had any bad effects but definitely tell when I run out for couple days
- i have no negative side effects that comes with pharma drugs. I don't feel like i am withdrawing, if i miss or don't use it in a few days, unlike pharma drugs.
- Its just very expensive
- Just from a financial standpoint I have bought in the [HIGH THC PRODUCT] vapor pen a few times however I don't feel it's very potent and I feel the [HIGH THC PRODUCT] would be a lot better choice for me however it's kind of hard to come up with that \$200 so I settle for the [HIGH THC PRODUCT] vapor until I can get some more money together
- Running out then not being able to afford more with a limited income
- So far I haven't experienced any negative effects using medical cannabis like I did with some other prescription medications

## APPENDIX C: PATIENT-REPORTED NEGATIVE EFFECTS

- The cost is ridiculous compared to all other states so it is hard to pay for the amount that would most benefit me.
- There is absolutely no negatives involved other than the cost, of course. Minnesota is charging double, if not more than the street price in Minnesota for the same product, as well as those states who are just medical, and those who are for medical as well as recreational .

### 2

- Adapting in the beginning for 1st week
- Coming down off the dose.
- Cost
- Cost. The cannabis is cost prohibitive. The only negative effects are budgetary. It's really expensive and not covered by insurance.
- could be stronger ,cant afford,
- I needed to start taking the correct strains.
- The first strain didnt sit well with me.
- I'd have to say my negativities about it as the cost being on Social Security I get \$725 a month and I pay half of all my bills in my home so what I have left is left for my medical marijuana so I've had to work with them and find out what is best and they're doing an excellent job with that they're always on call for a talk with a nurse
- none just expensive
- OTHER DOCTORS would have to be the worst part. Doctors who do not believe in the program. Drug Contracts. Sometimes my anxiety worsens.
- Really I'm more worried about having my medicine on me in public due the the stigma of it and Jeff Sessions crazy war on cannabis.
- The difficulty in adding the oil and being able to change the coils makes it difficult at times.
- The THC vape that was recommended was very strong

### 3

- As someone who wasn't a marijuana user, I had to get used to the feeling and how that differs with the various strains
- Does not help with nausea
- figuring out dosage
- Friends that smoke socially not understanding my need for the cannabis as a medication without the full effects of marijuana
- Issues with it not being a reason to have thc in your system for a preemployment drug test.
- It sometimes doesn't work on my worst episodes unless I hit a stronger thc content.
- Not including cost, the packaging it comes in is wasteful and it's hard to dispose of.
- Occasional erratic dosage to accommodate social interactions.



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- While I like the fact that our available medical cannabis forms are highly tested, pure and consistent, they are borderline staid. The flavored oral solution help, as do any flavorful additions of terpenes, but one can tend to feel a more full medical effect from the flower form.
- Secondly, our local prices are getting better but are still too high. The price per mg/THC needs to come down closer to 10 cents or lower. CBD products seem fairly priced.

### 4

- ex wife trying to use the medication to leverage my son away
- Financial costs
- I was illegally turned down for employment. But I am pursuing this in a class action lawsuit at this time.
- Not technically legal if drug tested at work
- Social opprobrium

### 5

- It is not affordable. Compared to all others medical programs!Any workplace can choose to fire you for receiving medicine to help yourself. Allows people to target you !When they're either don't know don't care or believe in unhealthy propaganda about medical cannabis
- They took my kids, (cps) and its taken me a extra 3 months to get them on over night vists. All because some web site who is against it said "i cam make sound desions. While having my childeren alone. My own publuc defender is agenst it, has not done anything to help. If u know anyone who is willing to help. Id really appreciate it.