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# Appendix J: 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 by negative effect score rating.

## No Negative Effect Score

- I did not get the relief I expected. I grow pot and grind it up and put it in soups and on baked potatoes. I don't want to get high, I just want to take the edge off.
- don't know, taking half of minimum once a night
- Conversational speech is a little mixed up and people notice  
Increased sleepiness  
Some confusion
- coughing when vaping
- Memory loss, poor concentration, fatigue, discouragement.
- Feel very spacey.  
Inability or desire to drive.  
Lazy
- only negative effect i experienced is that i accidentally took too big of a puff on the vapor and i had some anxiety but that was remedied when i learned how to use it better and i changed to the cbd and thc vap from just the thc vap and i have not had any negative effects since.
- Gas in the stomach
- I no longer use this product. Had a severe reaction to the Medical Cannabis.

## Score of 1: No Negative Effects

- no pain relief
- The liquid nauseated me. The spray has alcohol which irritated scare tissue in mouth.
- very brief nausea
- Possible nausea in the am from [HIGH CBD PRODUCT] if taken before a meal.
- the cost of the cannabis is the negative effect  
the inconvenience is also a negative effect because I have quite a distance to get it.
- Again, have yet to take the medical cannabis I purchased. I will pick "Other" below as I haven't taken it.
- The only negative is that it's way too expensive and insurance doesn't cover it!!!
- The oral suspension conflicts with my system

- got a little loopy one day
- The capsules make me a little dizzy.
- I have experienced few negative effects
- I get a little woozy from time to time and it makes me sleepy some of the time.
- For the first month I had a low grade headache which has totally cleared up by using a higher cbd content product
- Only the "in"effectiveness that I previously mentioned.
- Being unsure where one can travel to with the medical cannabis without having a problem with it.
- Financial costs the only negative thing associated with this.
- Trying figure correct dosage  
Costly on SSI disability check \$730 takes 3 months saving afford this  
Family physician unhappy that get medical cannabiis
- Surrealistic feeling
- increased appetite  
slight light headed
- It helps me sleep, which is usually tough for me but the negativity lies in the social stigma attached to being a medical patient.
- just the price
- COST!!!!
- I am not sure why you do not want us to consider the financial costs. That is the single biggest negative of this program. In fact, this medication has helped me more than any other I have been given when you factor in the side effects a person has to deal with. Cost may prevent me from continuing. For something that actually works and I have to look at abandoning the program because of cost. Thats a big negative.
- most people dont' understand how it works
- you can do puffs then drive. at least not for me anyway.so i make sure to do all my errands before I use medical canabis.
- Cost increase compared to prior
- Other then cost I find this medicine works very well
- during the first month but not since then I initially had a feeling of lack of focus.
- I can't take it across state lines, so I can't go visit family, so I had to go back to my other medicines.
- Other than the struggle for being able to afford it. I really have not experienced negative outcomes. The strength of the cannibus can vary. I would like it if it was categories of the strength. The cannibus was pretty harsh. I would like a smoother and flavored.
- The only negative is that it's not available in EVERY state!!!
- Haven't had any negative effects other than financial.
- it is too expensive
- No negative effects
- Mental clouding  
Dry mouth

Hot vapor mildly stings esophagus (minimal)

Sleepiness

- a little "fuzziness" initially
- Sneezing several times after puffing the vapor
- Just the cost. 1) Dr. Cost \$175.00 to \$250.00  
2) Mn Dept of Health \$200.00 - if disabled \$50.00  
3) Cannabis Oil (roughly) \$100.00 an oz.  
4) Travel to a dispensary (gas) -  
we have to drive an hour (1 way)

Prohibitive cost

- want to snack more
- Honestly this is one of the first medications I haven't been allergic to or had side effects from.
- Cognitive slowing for a short time immediately after a higher dose.
- Cost
- headache but i manage it by drinking water or getting a nap . taking a break.
- only negative has been cost, except sometimes the vaporizer tastes different
- Just the cost
- It is not affordable and should be because of the cost my quality of life has been compromised again.
- Goes too quickly.
- sometime you can take too much and not know it with vapor. but you get it down pretty easy
- Only obtaining it is hard too few locations.
- Indigestion
- None. this is A LOT better, healthier and safer than narcotics for pain.
- Location issue 100 miles from closet dispensary
- None, just not cost effective.
- No negative effects except the vaporizer pen clogging and the cost of the product
- not any
- Cost
- The only Big Thing is Cost.  
Maybe tiredness to is one.
- Looked down upon negatively from people who don't believe or understand chronic pain, muscle and joint pain, fatigue, migraines, confusion, nausea etc.
- The price is killing me and makes me I think after this first year im sticking with narcotic pain medication insurance will pay for those and if not thier not even close to how much this [MANUFACTURER] is making no deals unless you buy in bulk shame on them !!! This is a business thats so obvious.if the prices were affordable this would be worth it
- most negative effect is the cost  
no other negative effects

- It would be more successful with many strains and other options  
For use. Growing and smoking, edibles and strain variety
- If any, would be cost.
- NONE other than cost and availability.
- There are no negative effects that I'm aware of
- Negative!!!!, other than cost which I'm not sure how much longer I can afford 1000\$ a month
- The only negative is that I will no longer be able to afford to purchase it. The price is ridiculously high for something I should be able to grow myself.
- Question 6 answer explained more: The only issue is the long road trip to get my medicine at one of the few clinics towards the cities. Maybe more pick up your prescription clinics need to made for us that live in the northern woods of MN or maybe a delivery system of some sort.
- If anything, it is the cost that is so negative. It is cheaper to afford pain killers or prescriptions that are unhealthy in the long run.
- Only the cost...
- cost and accessibility
- Occasionally blurred vision and mental clouding
- Frustration with the vapor pen not dispensing & cost are the only negatives so far.
- I have experienced no negative effects
- I honestly can't report on any negative effects. Getting it is a hassle. Delivery, or mail would be huge improvement.
- No side effects at all!
- None unless I stop taking it my symptoms come back. That is why I hate traveling out of the state
- Some blurred vision  
The oils would hurt my stomach, but now I drink something afterwards.  
I'm legally blind and is difficult to get a driver to bring me, to the dispensary.
- Still just the cost
- It's expensive.
- besides the price and it would be the choice of raw form instead of choosing from 3 oils
- I have not had any negative effects.
- The negatives are cost and intake options.
- Headaches. If using too much cannabis in a short span of time I receive headaches.
- only negative is sleepy or drowsy. from screaming for god and grandpa to stop. its been hard to listen too. she is comfortable and hungry, i am very pleased
- No negative effects. Only negative is on how much it is to obtain. And why can't we have flower?
- Compared to opiates, there are no negative side effects.
- Cheaper in the street. 1 gram = \$20 . The dispensaries here are charging 200 per gram
- none

- Only that it costs so much
- cost too much
- I have not experienced any negative side effect. My family is also very happy with the results.
- None. It's been manageable.
- Eating
- Dry eyes and mouth,
- I don't like the oils, and the capsules and so forth. I do much better with the whole flower like when I was a MMJ patient in Colorado.
- my probation officer .
- emptied my wallet. :-)
- N/A other than trying to find best prescription.
- Too costly-use less and less beneficial due to cost.
- COST of product.
- There are none physically social stigma of people knowing that year medicating with it
- Cost
- When I don't have it I be in pain
- Initially it made me a little tired, but after about 60 days that went away.
- Too far to commute to get my meds.
- Can't get in other states where medical is sold.
- Nothing but relief
- Once when I had reduced amount for cost I used a PRN (opiate) 4 hrs after taking my cannabis PRN. My [MANUFACTURER] pharmacist was immediate to respond and we added to plan to never take together as I do not like the 'high' feeling.
- Expensive part of my budget. Wish my health insurance helped cover the price.
- Increased appetite and I'd like to loose weight.
- no physical side effects
- \$\$\$
- The cost is crazy, i take small amounts to make it last. Wish I could take more.
- i can't think of any besides cost and that is questionable.
- Less money
- Trying to get the right doses for my diseases.
- I have gained a few pounds. Nothing concerning, you asked for a negative, I'm giving it.
- 1. No listing I could find of available Drs to see
- 2. My Dr. is unable to prescribe due to employer pressure I was told
- 3. It took months to find a Dr that would prescribe medical cannabis
- 4. I had to drive 486 miles (round trip) to see the Dr. to get help.
- It would be nice if you could get the medication in southwest MN I have to drive 200 miles round trip to get it.
- cost

- Having become, by the time, Intractable Pain was listed as a qualifying condition for Medical Cannabis I had become so debilitated from the pain I feel to have not fully recovered from having become so debilitated - but better now than later or not ever. Driving then to the Cities has become difficult as I feel I cannot take but a minimal amount of Cannabis to make the drive.  
[CLINIC] has evidently forbidden any opiate medication to anyone in the Cannabis program & w/o sufficient pain medication my neck will become exceedingly painful & I will end up by the drive home coming into a very painful headache.  
This really makes no sense at all as say with high blood pressure as but one example, one is not disqualified from more than one kind of high blood pressure but rather what actually works.  
With cannabis it seems to be either/or.  
As for a. & b, it is likely nearly impossible to make a determination with regard to any of those potential negative side effects. As but one simple example, stomach upset; is the so far 2 months of diarrhea from cannabis or from antibiotics which in my experience should be avoided for that reason. What I believe to be true is that pain is so debilitating that the whole body begins a downward spiral if not alleviated.
- none (it has been life changing)
- Cost I am disabled - very difficult and frustrated that it works and coming down on medication - and yet so expensive I won't be able to maintain - so if allows me a better way to live and I can't receive help to pay for it - it's like here is how you could live if you had money
- I get hungry a lot
- The cost and location access. I live in a small rural community and the closest dispensary is over an hour away. Plus the limited hours and days of the dispensaries make it difficult to purchase medical cannabis. They are only open certain days and hours. Weekend access is limited too.
- It took several swings to get the right dose and type for my body. Now that we have it figured out, there does not seem to be much side effect. A little less grogginess in morning would be even better, trying to tweak dosage to address this.
- loss of needed \$
- first time I got nauseas but this passed and it does make me sleepy so I take it only when I don't have to drive
- Some lightheadedness until best dose was determined.

## Score of 2

- Uncomfortable side effects, nothing of any great note.
- THE ONLY NEGATIVE EFFECT IS FEELING STONED AND ACUTELY AWARE OF THE PAIN I AM TRYING TO AVOID.
- Dizzy at first
- Difficulty concentrating, some dizziness.
- disappointment that I haven't experienced pain relief yet; head sometimes feels weird

- Sleepiness  
Little confusion
- There are times as I have been working on increasing the amount, I have to do it quite slowly as I can have some nausea with it.
- affects balance  
affects short term memory  
sometimes accentuates pain
- Occasional dizziness.
- Dosage isn't a clear science  
Having to travel for medication  
Finding a local doctor for certification  
Cost
- limited benefit with my back pain
- When using the oil it was making me nauseated.
- We are still trying to figure out this dosage.
- occasional pre-nausea sensations
- Hungry, tired
- It on a rare occasion imakes me tired to where I take a afternoon time nap.
- Cost
- little bit of dizziness
- Distance in travelling to the pharmacy... I live 1 1/2 hours from the nearest pharmacy and currently do not drive due to my health issues. Arranging a ride with my husband's work schedule is difficult. I do really appreciate that they are open on Sundays though!
- Maybe.....blurred vision, mental clouding?
- My muscles can feel tired at times and there can be a low level of confusion. If I use to much oil most or all of my joints ache.
- Feeling a bit more isolated.  
Headaches  
Lung sensitivity  
Initial cloudiness
- Cognitive side effects - balancing these side effects with the pain relief gained during daytime working hours. I have used a much smaller dosage prescribed due to this (typically don't take it during work hours). Going in for a check-in this week to see if the dosage/type of medication can be tweaked to reduced cognitive side effects experienced in the daytime hours.
- 1) Drowsiness  
2) Dry Mouth  
3) Dry Eyes
- Cost,
- The process of making an appointment online does not work well. Much time consumed where a phone call would be far easier
- Just a little fatigue sometimes



- Some dizziness
- a little light headed sometimes.
- I AM BORROWING MONEY TO PAY FOR THE MEDICINE. Going in debt, because it does help
- dry mouth
- Difficult to find the correct dosage.
- Some chest pain with e cig vape.
- some drowsiness
- Tiredness
- tired during the day while taking certain doses, dizzy feeling
- Anxiety
- mild dry mouth
- Makes me tired. The controversy about it being federally illegal is tough being in an NA support group.
- Once when using the spray I felt a bit loopy.
- Mild short-term memory difficulties (this appears to be decreasing as I get used to cannabis)  
I become ""chatty"" for a while after a dose kicks in (again, this is decreasing)  
Increased appetite for sweets
- My primary doctor told me she couldn't work with me and my medications because of Fairviews policies about Cannabis.  
You can't take it with you on vacation to another state, into an airport, post office, etc...  
Some people look down at you because you are on the Cannabis and before this I never sampled any kind of drugs or smoked, and barely drink.
- Clouding:"fogginess" and "cognitive clouding" and fatigue...I have noticed this, but not to point of choosing not to use.
- My wife says I act "stupid and giggly" I should note that she did state she preferred this to me being asleep at a table on Fentanyl with my mouth open and food spilling out.&
- Some fogginess from time to time
  - Dry mouth. Loss of concentration. Fatigue. Confusion blurred vision. Not driving because of side effects.
  - sleepy
  - Makes me sleepy sometimes  
Head gets a little fuzzy
  - Occasional light headedness I take other medications and if I distribute taking them this is not an issue
  - Other then cost, the occasional head ache.
  - None
  - Loss of memory when first starting on thc. It took about 2 weeks but has gotten a lot better.
  - I feel tired often, but that could be the result of sleep problems at night. When my stomach is upset, the oil tastes bad to me, and further upsets my stomach for about 2

hours. I have found that I taste it less if i squirt it into the rear of my mouth, rather than the front of the tongue.

- Vaporizer makes me cough.
- unwanted feeling of being stoned; inconsistent unpredictable results - sometimes side effects, sometimes not, sometimes more pain relief, sometimes not; harsh feeling on throat from vaping some products
- The negative effects I experience are the same ones that are desired effects in others. In order to get pain relief, I have to take enough to get a bit loopy. I'm not a big fan of that... Also I get a bit of diarrhea with bigger doses.
- dry eyes and mouth
- Tired
- Short term memory loss
- Starting Pill was too strong for me
- 1. Cotton mouth  
Red eyes  
Hunger
- Trial and error on dosage that works best for me. Slow paced. Also inconvenient to obtain
- Still trying to work on the heat of the vapor, as a non smoker it can be hot on the lungs.....working on that
- If dosed correctly it doesn't have negative effects.
- The negative impacts are far less than most opiates or other pain killers, but it DOES make you mildly sleep (I prefer to say relaxed).
- fatigue
- nothing bad, makes me tired and hungry.
- There is some mental clouding, confusion. The inhaling part can be challenging for her but is much easier for her than the other methods of taking the cannabis.
- I used the [HIGH THC PRODUCT] and for myself, I don't like the buzzed feeling, I don't like to be high
- Mental/cognitive side effects related to medical cannabis use  
I have to drive 100 miles each time
- Tired and at times you can get high. Balancing act with the amount you take to alleviate the pain.
- I just don't like that taste or mouth feel. But I take it orally only and don't want to smoke anything.
- just wish it could take all pain away :)  
Can't take it out of the State for travel
- A little more time in front of tv instead of doing things but not a lot
- My mom is disappointed in me. (yes, I care)  
I've gained several pounds.  
it makes me cough
- Fatigue during the day

- Slight dull headache....non lasting.
- some dry mouth
- Gives me the munchies
- this comment box is not working....
- The hunger is the hardest thing for me. Other then that I get drowsy from time to time
- The cost.
- Availability
- I have a larger appetite
- My police officer son-in-law in Wisconsin asked me to not bring my meds along when visiting them.
- A few times I've taken too much, and found myself a bit sleepy and not as mentally sharp.
- Keeping it a secret from my employer and some friends/family. It's not viewed as medicine by most people, yet. Some people have alienated me because they don't agree with it.  
I wish we could purchase a 3-month supply instead of going in every month. I live close, so it's not a huge deal for me.
- Munchies
- Increased appetite isn't super compatible with painful joints. No weight gain is good weight gain.
- I have had some trouble with dosing and end up too "high" to work with dangerous stuff. (this happens less than with vicodin).
- Sleep and lack of apitit
- I am taking the lower dosage of what was recommended; If I take a higher dose, then I see "colored lights" or I have slurring speech.  
Since I am not increasing my dosage, then I still have to deal with some discomfort.
- It is made of coconut oil, and I have a food allergy to coconut, which causes migraine. This has been an issue. It would be great if there were more options for patients.
- Nausea  
Diarrhea
- There is no guideline of measurement for beginning dosing. This is only negative because I turned out to be extremely sensitive to the cannabis and my first dose was way to much that lasted way to long. I was told I am an anomaly by the owner of [MANUFACTURER]. My first experience was so awful I almost did not try again.
- Minimal mental fogginess.
- A little naseau
- I wish that it came in pill form
- Sometimes makes me a little tired and a little nonproductive.
- just the red eyes
- Can't go on vacation with family because I can't cross state lines with my medicine. Have to wait and not take cannabis to drive or get someone else to drive me. Feel like I can't tell anyone I'm in the program because of the stigma.

- maybe a bit more tired than I want
- I had hoped that taking medical cannabis would help me discontinue medication that I take at night to sleep, but it actually has the reverse effect and I'm not able to sleep if I take it right before bed. It does have a very positive affect in the early evening hours
- Occasional upset stomach.
- Occasionally it will make me sleepy.
- Spacey and forgetful at times.
- Quickly learned that even light use must be limited to times that do not demand full attention.
- mild instability at night
- Sleepiness at times.
- Sleepiness
- financial
- dizziness/fatigue
- stomach upset
- Occasional dizziness, increased appetite, dry mouth
- Tiredness which can be tough since I work overnights as well and struggle a lot of nights anyway. High feeling worse some times than others
- I am not as mentally sharp and occasionally forget things.  
I lose track of things I normally don't.  
I did more because I had less pain and then I had more neurologic symptoms of my spinal cord being irritated. Wasn't because of medical cannabis but I need to be careful to not do more (comment related to 6c question below) - but it is not because of cannabis but because of what is wrong with my spine.
- Dry mouth, very bad taste in mouth, very hungry when first start using it (about 2 weeks duration). Other than these minor issues, there have been no bad side effects.
- Nausea, restlessness
- It makes me a bit lethargic.
- Muscle spasms (may not be related), hard to get without a caregiver
- Sometimes my anxiety gets worse
- unclear if this is a cause, but I have some stomach upset. However, this coincides with a very stressful time for me, so I cannot determine if the nausea is from stress or the cannabis.
- Little bit of feeling hazy or out of it
- It just took some getting used to, I followed the advice to ""start slow and go slow"". I was a little afraid at first.
- The cost only getting one month supply per visit
- Minor effects such as sleepiness, easily combatted by coffee.
- When using the [VERY HIGH THC PRODUCT] product from [MANUFACTURER] I experienced more coughing and did not feel as clear headed (confusion) as I do while using the [HIGH THC PRODUCT] vape product from [MANUFACTURER].

- some times it sneaks up on me
- It increases appetite.
- I had some minor dizziness when I used the [VERY HIGH THC PRODUCT] with my sleeping meds, usually the meds come after the [VERY HIGH THC PRODUCT] is used, but when I used it after I took my medication it made me feel minorly dizzy and lightheaded
- Very little maybe gets upset about something that didn't bother before (from spouse ). Very minimal
- Mental clouding
- As I worked to find just the right type & dose, I was excessively sedated some mornings, but that no longer happens as I have been helped by the consultations & experimentation to find the right dose for me.
- Dry mouth
- bad cartridges vapors,
- Short term memory loss, confusion, cognitive problems which have improved with use.
- My only concern is thirst from the THC heavy formulas. Need to drink plenty of water. Otherwise, no concerns with any formulation.
- The only negative effect I have experienced is some mental clouding but it has gotten better
- to get high pain management you are fairly medicated but much better than the pain. cost not covered by insurance
- Financial at times.
- Little drowsy once capsules kick in
- Some initial minor lung irritation from the vaporized oil. Seems to have passed though.
- I wont drive when I use it
- sedation, some palpitations
- With the more powerful capsules during the day, sometimes make me just a bit foggy mentally.
- The vape seems to need many charging
- some congestion
- at first I had diarrhea
- Feeling sedated/tired
- Finding the right dosage was a trial, If I had too much thc it could cause exacerbation of my anxiety, so I now have a better grasp on dosing and if I require more thc for pain I offset it with more of the CBD oil and I also purchased prefilled CBD cartridges (however I don't like the idea of using those much because they have a filler in them propylene glycol?)
- General problem with dialing in proper dosage. ( same as with narcotics )
- feeling stoned
- Dizziness if greater then 3ml per dose. Label instincts 2 to 5 ml per dose
- Dry mouth very bad

- The only thing I can say is that when I use the spritzer or ingestible I have a coughing fit for a couple of minutes. Not all the time and to varying degrees of severity, Not a big deal. Goes away quickly.
- Dry mouth
- When taking THC, I do get an increase in my heart rate and restlessness. Nothing outside of my previous heart rate issues, though. For this reason I stick with low thc, or only cbd outside of severe pain.
- Makes me lazy and depressed.
- Judgement from doctors. Doctors unwilling to utilize medicinal cannabis
- 1. Increased urge to urinate with excess use  
Drowsiness with excess use
- cannabis centers are too far away  
we live in [CITY] and have to drive to Bloomington,  
which is an hour and a half one way
- Some tiredness but getting better
- Tiok too much to start with of the liquid form, was too high to drive. Usually just take it at night. I dont require alot to feel the effects., if I have too much I get a headache. Also get too dehydrated and itchy.
- Sometimes I feel dizzy when using the [HIGH THC PRODUCT] vapor if I inhale too much.
- Fatigue
- Initially, I had a foggy brain and a sedated feeling. As I worked with the pharmacist @ the dispensary, I soon conquered this and now only experience it VERY occasionally.
- Excessive dry mouth on occasion; remedy this with xylitol mouth lozenges usually.
- Can make you tired.
- Dehydration can flare-up my TMJ and the cannabis can make my mouth very dry if I'm not careful. I just make it a point to drink more water throughout the day.
- When I used the vapor pen with the balanced THC/CBD oil it gave me a headache. I have not had that reaction with the [VERY HIGH THC PRODUCT] or [HIGH THC PRODUCT] medical cannabis varieties.
- The only negative effect I have ever have (Wich only happens every once and a while) is sometimes it gives me anxiety.
- Not really any to speak of but some depression at first then it went away
- When I use it at night it's hard to wake up
- I am quick to talk and slow to think about what I am going to say. It is not bad.
- makes me very hungry
- Confusion
- The cost is way too high  
The stigma is tough to get past. If it was legal or more knowledge of benefits were more well known then I believe the negative stigma may subside.
- Dry mouth
- Dosing seems to be variable
- Sometimes a "heavy" feeling, less drive to do things

- I have swelling in legs and feet since using the stronger capsule. I don't know if it is related.
- Minor dry mouth.
- The only thing that may be considered negative would be dry mouth, but I can deal with that very easily since the benefits are wonderful.
- Cost  
Stigma-telling others it works  
Cost, cost and no insurance support, especially after this medication cuts opiate sales, non-addictive vs. Addictive; no understanding why this isn't approved by our federal govt., after all we have seen lately I wonder who controls the market and who doesn't. Who is benefitting?
- Could not take mm on trip out of state and had to rely on NSAIDS
- Like to eat unhealthy items
- It's hard to access, as the nearest resource is 100 miles away, and no insurance coverage makes it hard because insurance is already expensive.
- Gastrointestinal distress when taking solution swallowed by mouth. This was entirely relieved by using only oral spray and vapor.
- sleepy sometimes  
no other
- Cost WAY too much.

### Score of 3

- Dizziness
- Very dry mouth.  
Upset stomach if I take it on an empty stomach.  
Sometimes but not always, feel a bit more tired.
- The liquid caused upset stomach, nausea, dry mouth  
The vaporizer causes dry mouth
- seemed to increase my tinnitus.
- I feel slightly foggy when I take THC medications
- Head spinning, nausea
- I would get headaches when coming down from it. Also, find myself tired and fatigued shortly after using.
- as stated earlier.. confused on what forms to consume..  
possible that it causes some eye pain. not sure because this is a symptom of my conditions I have too.
- Anxiety
- When taking the liquid, the time it takes affect varies and how I feel from dose to dose can vary too.
- At times it has increased my awareness of pain. It happens once or times a week if I get too much. It can be hard to control the dose when vaping.

- Had one episode of confusion  
The vape can irritate my throat
- light-headiness
- I have read that cannabis recreationally has versions that are head affecting and some that are body affecting. I have not used this recreationally, but based on what I have read I get more head high effect than body. Slight light headed feeling. I hope as I am in the program longer and my body fully assimilates the medicine it will be less in the head and more body effect.
- feel spacey
- Forgetful, unable to drive,
- Just don't like the feeling
- costs
- 1} Economic factor - very cost prohibitive  
2} Helps but not as much as hoped, especially for the money
- The taste is awful. I have to have the unflavored varieties because of my medical condition, and they taste horrible. It took awhile to figure out that eating straight peanut butter before and afterwards would help reduce the issues with the immediate and lingering taste.  
It's not always convenient to take. I have to plan to bring the bottle, syringe, peanut butter, and a spoon with me, and generally have to carry them in an insulated bag to keep them room temperature, so that's one more thing I have to haul around if I'll be out at a time when I need to take a dose.  
Sometimes it's difficult to find an area to take a dose (that isn't public), so I often have to go out to my car to do so if I'm out, and that's not necessarily convenient or easy, depending on other health issues, the weather, where I parked, etc.
- Sometimes it makes me more intoxicated than I prefer at times, although I'm working on figuring out the best amount and type of medicine.
- Diminished ability to learn new complex technology tasks
- testing positive on work drug test
- The way it makes me feel, Gives you the munchies and I don't want to gain weight, makes me lazy
- I am a little more tired (naps help)  
& I think I'm eating a little less or less hungry (a good thing)
- Only experienced negative effects from the vapor delivery system, so I now only use oils and capsules. Otherwise, no negative effects. This is the only negative effect referred to in Q#6.
- Though it's made with all natural products the taste after awhile seems to dull my taste buds.
- people not understanding why i take it
- Some people think its just another crutch
- extreme tiredness  
inability to focus



- My eyes feel dry-
- When I take medical cannabis it sometimes lessens my control over ambient pain. That is, where I normally can stand a certain level of pain without taking drugs, cannabis sometimes loosens that control requiring me to seek relief.
- Headache coming off when cant afford more,  
increased pain when out and cant have pain meds and be on MCP at same time,  
People in recovery accepting it. ( I have 10 years clean ) People don't see it as a medical need. Etc. ( Loss of few so called friends )  
Little slower, but its ok.
- Increased asthma symptoms
- Reactions to THC
- When I tried taking the pills it didn't help with pain as much but did make me feel high.
- too introspective at times
- lightheadedness
- traveling out of state
- Still trying to determine the correct dosing.
- drowsiness  
loss of appetite
- Nothing helped then I figured the problem out
- Problems with CBD dominant strains being so expensive
- Extreme anxiousness at first. Dry Mouth. Blurry vision. Mental clouding/confusion.
- Increased issues with Insomnia , I fall asleep fine, but wake up often and sleep feels lighter.  
Anxiety - only happened once .
- Dry mouth  
The liquid delivery system with the syringes and the vacuum top is messy and somewhat wasteful with leaking, etc.
- Headache  
Dry mouth
- Cost of meds
- The THC - heavy product causes some disconnected feeling, which is good for quick pain relief but not conducive to productive activities.
- I experience some anxiety, racing thoughts
- greasy stools, headache
- Headache
- it makes me a little tired at times, sleepy.  
neg. effects: feeling tired or unmotivated.  
but, positive : relaxed and calm.
- Vaping causes me to cough a lot.
- If I take the max. amount- it affects both mental and physical coordination.
- Increased tremor in my hands, more difficulty focusing, fatigue
- mental fog

- Can't drive  
Feeling altered consciously for awhile  
Vapor pens don't always work
- gives me anxiety, which I do not like!!
- I think that quite often I can't inhale, like it is stuck.
- My memory could be better
- I can no longer drive  
It makes me forgetful
- Price of product and still using something to feel better
- Doing the spray seems like sometimes it makes me too relaxed in day
- Forgetful
- Forgetful.  
Bad memory.  
Think it's causing some reflux.
- The only one negative effect is:  
I have a tendency to want to eat at night more so than before. I'm trying to lose weight, but this doesn't help my situation. It's like I have to choose - having more intense pain without taking Cannabis or the possibility of losing weight easier and trying to endure my pain at night....
- Negative effect it has on me would be the cost it is very expensive and it's not covered under medical insurance which is a big problem for me the cost is just too much and the vaporizer pen that comes pre-loaded often does not work and has to be returned that is the only negative thing I really have to say about it
- Dry mouth
- The oil makes my skin break out.  
The spray has a lasting burning effect.  
The vap pen sometimes only works once and then it takes many hours to pass before it works again.
- tiredness, but only from trying out colors I haven't tried, now I have a good script
- DRY MOUTH  
MORE TALKATIVE
- Increased hunger significantly, to the point of nausea some times.
- just the cost. wasn't aware that it would be so much. have to save up in order to purchase one.
- Financial burden. Loss of confidence as a result of over analyzing what others are thinking. Some anxiety. Focusing too much on minor stresses and blowing them out of proportion. Procrastination. Introversion.
- Seems to increase my anxiety but does not always have this effect
- [HIGH THC PRODUCT] makes me a little dizzy
- Although I feel pretty good I just want to sit. I have to force myself to get going on something. At times my appetite is horrific.

- I have some blurred vision which usually occurs when I think the medication is wearing off.  
The taste of the vaporized medication is not very good but it is very effective.  
I am still working on the right dose to control my symptoms without violating any rules regarding working in a school environment. I have to take it at least 6 hours prior to work and I can't bring this medication on school grounds.
- Dry mouth, increased anxiety/paranoia.
- finding the correct dosage took couple of months
- It can sometimes be sedating but I feel exhausted when I'm in pain so I would rather feel tired and out of pain
- I don't drive after taking medication.
- The cost of medical cannabis is not covered by insurance and the out of pocket expense is taxing on our budget. Federal laws need to be changed so that medical cannabis can be covered by insurance! People are dying by taking opioids which are covered by insurance but medical cannabis is much safer and is not covered by insurance. The federal laws need to be changed!
- Negative social reactions
- The oil seems to bother my gall bladder. I'm having tests done currently and have not gotten the results yet.
- None for helping relieve pain.  
Can't afford the cost. May have to find a cheaper alternative solution!
- Mild congestion with oil. Neck & head ache with suboptimal doses. Mild fatigue.  
Dizziness with 2:1 ratio.
- confusion and forgetfulness; laziness; bizarre thoughts
- I live in a nursing home and the nurses cannot have anything to do with the cannabis. I have to keep it in a locked drawer and take myself.

## Score of 4

- Unable to keep train of thought and function as usual. Very gritty and nervous.
- felt unstable walking, no appetite, fatigue
- constipation
- Nauseated and Dizzy
- Cognitive fogging  
Blurred vision
- Dizziness
- Drowsiness
- complete and utter fatigue
- The caper strong for my throat
- Feeling not in control- zoney
- Feeling "loopy", dizzy, unable to function.  
Bad taste in mouth

No benefit

Loss of \$200 "entrance fee"

- THC made me dizzy
- Do not like the tired feeling and a sense of lack of mental clarity
- seems like the pain increases
- I thought it would make some of my pain more manageable
- Initial capsules- one [VERY HIGH THC PRODUCT] in the AM, two [BALANCED THC:CBD PRODUCT] at night- did not help my pain but disturbed my thinking. I would be talking to my husband and completely lose track of what I was saying. They took me off the capsules and put me on the vaporizer and I haven't had any side effects.
- High heart rate at first, nausea. Still experience enough nausea to have to use Tums or even 20 msg Nexium for nausea if I try to push up dose too much: hard to judge amount of vapor.
- Causes extreme drowsiness
- did not help my nerve (neuropathy) pain as much as I had hoped.  
did not help me sleep at night as much as I had hoped
- major constipations, leaving me having to take something every day for that
- The vapor makes me too sleepy as does the liquid. The liquid takes a long time before it takes effect. Hard to regulate dose. Would prefer to apply it as a topical on the area of pain.. However, I am sensitive to all medications so do not see this a negative with the cannabis, but me. For that reason I do not use it daily. I have experienced headaches in the morning, almost like a hangover. Not always though.
- sometimes it makes the pain worse. depends on my mood.
- fuzzy/foggy feeling  
upset stomach  
sometimes dizzy
- Much forgetfulness, some constipation, some "loopy" episodes.
- lungs, congestion from needing to vape most of the day to keep pain at bay  
dry mouth,  
constant vaping, keeping track of vaporizers,  
travel out of state is not allowed
- light headed, a little lack of focus and a small headache in the morning (although it's been winter and this latter could potentially be sinus)
- No real negative effects.
- paranoia when using cannabis with THC as the dominant concentration. I also get quite fatigued and disoriented. For these reasons, I use this product at bedtime.
- Dosing has been difficult & I have had days of mild THC overload - tired, difficulty focusing, too much appetite.
- shame
- Can't use during the day, too cognitively impairing.
- Only negative has been nausea; I have a sensitive stomach from my other meds and the cannabis puts me over the edge sometimes

- memory and vision problems
- The [HIGH CBD PRODUCT] cannabis makes me feel very sluggish
- Being tired. I can't concentrate as well. Forgetting the thought process.
- Cannot use as a preventive/maintenance drug. Cause urinary retention which is painful for me. Useful after muscle spasm starts to decrease pain levels.
- Can't drive when using this product
- cognitive impairment  
nausea
- Break through pain with Mn products needing Rx for the severe breakthrough.
- With THC blends, I can see an increase in anxiety and heart rate.
- I forget the dosage until my daughter helped. I didn't understand how much to inhale. The relief doesn't last long for me.
- Lethargy and sleepiness during the day.  
Clumsiness.  
Blurred vision.  
Some mental fogging.
- Not achieving pain control before weaning off norco.  
Difficulty in getting product because I am 100+ miles from source.  
Changing use of product mid month causing me to run out.  
Not being able to take cannabis during two hospital stays.  
Sleepiness, but that may not be because of cannabis.  
Not liking using vape too well.
- Drowsiness and dry mouth
- mild hallucinations, mild paranoia, surreal feeling. sometimes will skip taking because of weird feelings.
- Being tired, dry eyes, dry mouth
- Once the THC built up in my fat I would get "high" which sometimes was unpredictable and I didn't like that feeling.  
The vapor pen gave me a headache and didn't do anything for the pain.
- Lightheaded.  
Dizzy.
- Poor balance at times. Inability to concentrate at times,
- Impacts ability to think clearly and conduct tasks in an organized way
- Vaping causes throat irritation. Would like to see edibles.
- I use the pen sparingly during the day as it makes me tired. I'm sensitive so I don't need much, 1-2 sm puffs.
- sleepiness, if taken during the day
- eating to much weight gain
- I am sleepy much of the time. I have nausea and dizziness.
- When you take enough for pain you don't want to do anything else
- Coughing a lot
- Anxiety.

- I am more sleepy using this drug. This is negative for driving and working.
- It's not practical to be "high" all the time so you have to carefully titer your dose  
Headache
- THC make's me drunk!!
- can not handle inhalation
- I can get very tired depending on time of day
- It's hard to find the right amount. Sometimes it's too much and sometimes it's not enough. I wish there were more strengths and versions/strains available, like in Colorado. I also wish you would allow topical, which are very helpful as well as various oral type medications and patches. The very limited types/versions of cannabis offered in Minnesota is restrictive and doesn't offer a wide enough range of delivery methods or strength combinations.
- Side effects from oral [HIGH THC PRODUCT], [BALANCED THC:CBD PRODUCT] and [HIGH CBD PRODUCT] caused excessive diarrhea. Needed to stop completely and start slowly again.  
Spray caused me to lose my sense of taste. Everything tasted and smelled like rubbing alcohol.  
Too much thc caused mental clouding, short term memory loss, " thick tongue, dry mouth and lips, and bloating.
- Drouziness loss of memory
- The monetary costs
- some negative judgement from other medical providers
- Mental "fogginess"
- Went to hospital for vomiting and severe abdominal pain & pressure. Dehydration Severe.3 days in hospital. The hospitalist was suspicious of the medical cannabis causing the symptoms, but a couple days later to Dr I was running a low grade fever with cough and sinus pressure. I Had been using medical cannabis for several months prior to the hospital stay and i had absolutely no issues, after hospital when virus cleared up and I restarted the medical cannabis & haven't had issues.
- It makes me feel dizzy sometimes so that I need to be carefull when I am up and about,
- It's difficult to include in a medication management system or get any answers from my doctors because they don't have any experience with it.
- Diarrhea and stomach discomfort
- -vape - very red eyes, oil and capsule: slight eye irritation  
-only slight headaches a few times a month  
-some slight mental clouding
- Can't drive. The liquid takes about 3 hours for it to work
- TIRED
- No negative effects of the pills, but the [VERY HIGH THC PRODUCT] vaporizer often brings me down - makes me sad - makes me unhappy, just like it did when I smoked pot in college. I'm working on changing that reaction to something more positive.
- Makes me tired and I feel a little loopy sometimes

- High feeling, foggy,
- inability to keep it with me at all times due to temperature concerns and legality of certain locations  
mental cloudiness  
sleepiness
- Diarea. Unable to take the liquid or spray. Hopefully I will be able to take the vapor without this problem.
- Dry heaving and vomiting, blurry eyesight,  
The vomiting is almost gone now, have had very little the last few weeks.
- Sleepy
- No local centers; increased vertigo with vaporizer format
- Some dizziness when trying to use 2 [BALANCED THC:CBD PRODUCT] capsules during the day. More regular with BM as the pain medication causes constipation.
- Some foggy headedness that seems to be abating as I adjust to the new medication. Mild sedation.
- Sometimes the strength of the dosage seems very strong and I get high from it. This prevents me from driving my car or doing important paperwork. I don't want to get high, I just want relief from my chronic back pain.  
If I take a dosage too close to bedtime I wake up in the morning with a headache
- As there is no Sativa designation and everything is an Indica hybrid, all Cannabis you offer is somewhat sedating. With no Sativa, I don't feel able to replace opioids with cannabis entirely because sometimes I need to be wide awake. I also don't get sustained pain relief from your THC only Cannabis ([HIGH THC PRODUCT]), even though I find it to be the best immediate pain relief. THC and CBD have the "entourage effect" and work much better together in sustaining pain relief. I would get the best pain relief results from Cannabis if I had option of different strains in bud form to be smoked and the options of Sativa and Indica.
- Mind confusion, drifting in and out with current memory issues otherwise fairly normal
- Inability to think or function. Most of the THC just made me straight dumb an unable to do things.
- The vapor is harsh on my lungs and makes me cough. The first 10 minutes after the vapor, my muscles seem to twitch and tighten, then they relax.
- I am more tired. And can't motivate as well as before. Makes me a little lazy
- Is not as effective as opioid for pain relief  
Drowsy  
Budget... having to ask for help to pay for medication
- Just the stereotypes
- The cost is way to high. If you were to get canibis the non legal way it's would be cheaper
- It is the stigma of using medical cannabis. It is still considered illegal from the federal government. So it is more of a morality concern.
- Dry mouth.

- If I'm in stressful situations I feel I have to depend on the vapor alot, and its kind of a distraction to use in public, but I also get past that cuz it's needed.  
Same as when I'm overheating.
- One can overuse in my opinion. Taking in too much vapor at once can cause coughing--- a negative effect. Also some loss of muscle and mental coordination can happen if one over indulges too fast, and needs to perform duties of daily life right after a treatment. Each person is different so one needs to find their own dosage and tolerance, as with all drugs.
- There is something added to it.  
Very angry feelings
- I am having difficulty finding the best cannibus format to use. The inhaler makes me cough.
- hospital ER staff/doctor did not know how to help someone who is on medical marijuana due to no policy, so I got completely drugged and in an ER bed for 6 hours for migraine. insurance does not cover. feel impaired to drive after short acting dose, but was on opioids before too.
- Cannabis does NOT relax me physically, I can only use to help with anxiety & depression.
- Its hard to find the perfect dose. Potency of products seems to differ.
- mental clouding, self-doubt thinking.
- Until figuring out the best THC to CBD ratio for me, I experienced a bit of wrap-around depression and a bit of a drop in motivation. (In addition to intractable pain, I have severe depression and anxiety.)
- Because of the side effects, I cannot use the medical marijuana until I am certain that I am done driving for the day.
- Cost of medicine and fatigue from use
- Sore throat related to the vaporizer use; I have COPD and that doesn't help things
- can make me sleepy
- when vaping get some blurred vision.
- drowsiness during the day  
mental fog sometimes
- Current me.
- With some products combined, I get a "stoned" state of being where I don't feel safe to drive, or able to interact normally with people.
- I feel 'foggy' a lot of the day. My short term memory seems to be affected. And my dry mouth is a problem. But all of them...small price to pay.
- financial cost is only negative issue
- Experienced a little coughing episode during the use of vapor device.
- making a plan to travel across state lines - how to manage pain without requiring high doses of narcotics  
not having convenience of pill form



- cost  
social stigma of consuming cannabis
- Not being affordable
- a little light in the head feeling
- acceptance in medical facilities
- Anxiety, a little hard to get used to. Fatigue
- Geographically distant.
- tired and drugged feeling

## Score of 5

- Not having any positive effect at this time. Still hoping I'll have positive results
- 1) Depression
- 2) Memory loss
- 3) Increased appetite
- 4) Weight gain
- current combination causes dizziness and loss of balance
- Vapor help me more than anything I've taken, but I didn't like the high from it.
- Side effects such as paranoia, agitation and had to waste 102 dollars worth of medication. My pain clinic doctor was upset that I was not offered the alternative which he said had been studied to be more effective for my specific condition.
- I don't care for the high feeling.
- Drowsiness, memory impairment, and on one occasion using the vapor method I had such extreme nausea and numbness that I could not move in my bed for over 2 hours. This occurred shortly after I had started the program.
- Cloudy Mind
- Little long term pain relief  
The confusion using the drops made it impractical to use for any long term
- Feeling high  
Difficulty concentrating  
Forgetful
- The problem I have taken it is:  
Makes me sick to my stomach  
Can't eat  
Don't like the cloudy feeling in my head
- Anxiety.
- Fatigue, mental clouding, headache, confusion
- Doesn't fully take pain away
- I can not take until I find a job. My psychologist won't see me anymore if I start taking it along with my family doctor.
- Need stronger dose  
[BALANCED THC:CBD PRODUCT] capsules I take are not providing enough relief

- General "loopiness" with compromised balance, must be able to be at home and able to go to bed after use, not able to take while out of home while in pain, not able to take if there is a need to drive.
- Head spinning
- The CBD oil upsets my stomach. I want the anti-inflammatory properties.
- Confusion - but not sure that it is the result of the cannabis.  
Fatigue - but not sure that it is the result of the cannabis.
- I can't drive when I take it.  
I can't function in society. I need to stay home.  
I get sleepy.
- irritable bowel. Have had in the past but returned in full force with medical cannabis.  
Still experimenting with dosage and whether to take with or without food.
- lite head  
rubber legs
- Nausea  
Different type of pain the next morning
- The license is on the bottle we need some kind  
Of license to carry.
- No physical side effects. The product has tasted terrible after the first fill. I had no issues with the first pen or cartridge. Evidently, I was sucking too hard on the pen because it wasn't heating, so the cannabis got stuck in the chamber making the taste terrible (made me sick to my stomach and nauseas). I did not know this would happen. When I went back in to get another because I could not tolerate the taste (made me sick to my stomach and nauseas) they offered me the pen that heats up. I purchased that and another cartridge, but the taste is still not tolerable. I have an appointment next week to talk about alternatives. Because of the cost, I've been unable to purchase more so I haven't had a chance to use the cannabis much the past 2 months.
- when you dont have the cash and then after going o  
thru withdrwal now you have no pain meds
- I have been overseas about 1-2 months so I have not been able take for a longer time, but now hope to start take it for longer time. Would have liked to take it with me, but I do not dare
- Not qualifying to work in a job that I am well qualified for, even though the employer wants me to work for them. they are not able to hire me because it is illegal on the federal level. I also experienced a very bullying, abusive interview with medical testing labs Dr. I was made to feel like a criminal, even though I have no criminal past, not do I have prior experience with cannabis or other recreational drugs. Federal illegality compromises my ability to work in my field. This leads to fear of being transparent about my use of medical cannabis. I have been alot more forgetful in every day life
- I hate the high feeling. I don't like the uncertainty of knowing if and when the medicine is going to work. Does not work on my headaches at all.

- I'm not able to drive while on the cannabis to cloudy feeling.  
I work in health care, my critical skill thinking is slower  
I'm treated different when I go to a dr. That is under educated about Cannabis or there really biased about cannabis.
- Being judged by family and friends for using cannabis instead of dangerous opiates.  
Also, I am a Federal employee and I will lose my job if they find out I'm using medical cannabis.

## Score of 6

- nausea, mental clouding, light headed, --- did not help pain
- The feeling of lightheadedness, not a good feeling for me.
- Made me high 2 times. Didn't know what was happening. Pretty scary and couldn't function. Made pain worse too during those times.
- Dizzy and stoned feeling
- No Relief of pain--extreme loss of Balance
- dizzy, weak
- Not able to remember things as I'm trying to say them. Very disconcerting, I have discontinued use
- dizziness  
take to long to work ( oral susp.)  
does not last ( vaporizer oil )  
cost -needs to come down I can't afford it
- 1-Made me feel paranoid.  
2-Made me feel unable to function properly around other people.
- I feel high all the time.I don't like the taste. Hurt's my lungs when inhale. I'm afraid of going out of the house because I don't know what I'm doing,when using. I get paranoid.
- Fuzzy head, fuzzy mouth
- Increased appetite harms my jaws (degenerative arthritis)  
Anxiety
- I have had dizziness and tiredness. This has been problematic enough that I stopped trying the cannabis for several months. In fairness, I was told that the side effects would improve over time. I just haven't been willing to keep trying.
- It gives me pain relief but also gives me unwanted feelings of paranoia. There are many strains of cannabis, some of which have minimal paranoia effects but retain the pain benefits. Minnesota should allow multiple strains for the patient to choose from.
- daily negative effects were the type I am currently on makes me extremely sleepy and I need to be more functioning during the day
- More THC= paranoia  
More CBD = nerve buzz  
Dizziness
- I don't care for the taste. But, the positive affect out way the negative.

- Heart burn, worse in. New symptom, deep cough.
- My meds are less expensive than the cannabis, which I just used a small amount. I opted not to keep using the cannabis because of this. I could never drive after using it and that was restrictive. So please do not send me any more surveys. For now, unless they drop the prices, I am no longer an active customer. Thank you!
- wait gain from desire to eat.
- The high part- I can't drive when I do it and I have two kids so that's difficult  
It would be nice if insurance would cover it  
The driving- if something happens to not be able to get on the road  
The anxiety is a big part for me
- None really
- The most negative effect has been the ""dysphoria"" or ""high"" which I experienced when starting/titrating the medical cannabis. I started on a 1:1 ratio of THC:CBD and had to titrate very slowly. I work in academia so I need my wits about me when teaching so, the feeling of diminished proprioception and the instant forgetfulness have been problematic.  
Another side effect that is challenging is the hunger that occurs when using medical cannabis. I feel absolutely ""starve

## Score of 7: Great Deal of Negative Effects

- The taste of liquid cannabis is the worst.
- cloudy head  
ringing ears
- I experienced a major episode of depression after only taking it 4 days.
- makes me very sleepy  
makes me uncomfortably high
- Decreased visual acuity secondary to drop in intraocular pressure, urinary retention, dry mouth, imbalance, loss of short term memory.
- I mostly used the [HIGH THC PRODUCT] formula with almost no benefit. Unfortunately I got headaches from it. The longer I used this formula, the more severe the headaches became. I stopped using it after only 1 week. I only used the [BALANCED THC:CBD PRODUCT] formula twice with no benefit but did not use long enough to know if this formula would cause the headaches also. Unfortunately the headaches were so severe with the [HIGH THC PRODUCT] that I've been afraid to try the [BALANCED THC:CBD PRODUCT] formula again. I probably should contact the pharmacist which I have not done.
- Many side effects, didn't help with pain.
- Felt anxious and paranoid, which made me feel overwhelmed and completely incapable of discerning whether it was actually having an affect on the neuropathic pain that I suffer from as a consequence of a spinal cord injury.
- I got very high not something I expected or wanted

- tachycardia (couldn't even count pulse) elevated blood pressure (210/120)
- Unfortunately I am unable to use medical cannabis due to it giving me migraines
- Racing heart, pounding of heart, added beats of heart. Veery dizzy and light headed. Some nausea.