

Certified? Check. Registered? Check. So, what's next?

Your health care practitioner has certified your condition. You've

- enrolled with the Minnesota Medical Cannabis Patient Registry
- submitted your Patient Self-Evaluation form online
- and located the Cannabis Patient Center where you'll pick up your medicine.

Now what?



Beginning a new treatment for your condition can feel overwhelming — especially when you are also managing challenging symptoms caused by your illness. Having a general idea of what to expect when you get started can lessen some of the fear and frustration that often comes with a treatment plan transition.

This guide is the second publication in a two-part series developed for patients. If you have not yet registered for the program, our companion brochure, Minnesota Medical Cannabis Program: A Guide for Patients 1, will introduce you to the program and walk you through the enrollment process. In this brochure we'll cover:

- ✓ What you need to bring along with you (and what you should not) when you pick up your medical cannabis
- ✓ Which types of medical cannabis are legal in Minnesota and available for use in the program
- ✓ How your specific treatment and dosage will be determined
- ✓ What you must do each year to stay enrolled in the program

FIND OUT MORE

For your convenience, program-related resources including the latest legislative news, fact sheets and clinical research, are available on the OMC website, mn.gov/medicalcannabis.

If you have additional questions, please call or e-mail the Office of Medical Cannabis.

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MINNESOTA MEDICAL CANNABIS PROGRAM

Patients' Guide 2



YOU'RE REGISTERED
WITH THE PROGRAM.
NOW WHAT?

“What should I bring with me when I pick up my medicine?”

DO bring:

- ✓ Yourself or your registered spouse, parent, guardian or designated caregiver, if she or he is picking up your medicine for you
- ✓ Your valid government-issued ID: state ID, driver’s license or passport
- ✓ A list of your prescribed medications
- ✓ The visit summary from your health care practitioner who certified your condition

Before you go:

- ✓ Learn about methods for payment for your medicine at your Cannabis Patient Center



“Do I have to schedule an appointment to pick up my medical cannabis?”

We recommend scheduling an appointment at a Cannabis Patient Center when you are ready to pick up your medicine. While walk-ins are welcome at all Cannabis Patient Centers, appointments are strongly encouraged to lessen the wait time to meet with the pharmacist.

“How is the type and dose of medicine determined?”

When you pick up your medical cannabis, you will meet with a licensed pharmacist who will discuss your health history with you, including your other medical conditions and prescribed medications. (This is why we suggest bringing along the appointment summary you received from the health care practitioner who certified your condition.) During your consultation, the pharmacist will work with you to recommend a type of medicine and dose tailored to your specific needs.

All program pharmacists can answer your questions about dosing guidelines, best practices, and safety protocols. You are encouraged to ask questions both during and after your consultation with the pharmacist. In fact, should a question come up after business hours, call your Cannabis Patient Center’s 24-hour support line any time. This telephone number is printed on your medicine’s label.

“What do I need to do each year to stay enrolled in the program?”

Your status as an enrolled patient in the program expires one year from the day indicated on the approval email or form you received when you registered.

To continue to participate in the program every 12 months, you must:

- Have your qualifying medical condition recertified by your health care practitioner
- Pay the annual registration fee

Before your yearly enrollment expires, you will receive reminder notifications from the Office of Medical Cannabis that your enrollment will be expiring soon. It is your responsibility to follow up with your health care practitioner and request recertification of your qualifying condition at that time. After you have been recertified, please complete your registration and pay the annual registration fee. If you do not get recertified and

pay the annual registration fee before your yearly enrollment expires, you will no longer be eligible to receive medical cannabis. Plan ahead so your treatment is not interrupted. Please note: If you do not have a current condition certification form on file, you will not be eligible to receive medical cannabis until your health care practitioner has recertified your condition. There are no exceptions to this regulation.



Taken as capsule or tablet

Dropped or sprayed under the tongue

Ingested using a vaporizer

Applied to the skin

“What types of medical cannabis are available in Minnesota?”

In Minnesota, all medical cannabis is smoke-free and available in pill, liquid, oil and topical formulations.

PILL Out of the four types of medical cannabis available, medicine in a pill, capsule or tablet form allows you to measure a highly precise amount.

LIQUID After distilling medical cannabis into a liquid tincture, the medicine may be dropped underneath your tongue. It is then absorbed into your system through the mucous membranes inside your mouth.

OIL When medical cannabis is extracted into a concentrated oil and heated slowly, it transforms into an inhalable vapor.

TOPICAL These are preparations meant to be applied externally to the skin or mucous membranes. Typically, they are in the form of creams, gels, lotions, ointments, or patches.

It is illegal in Minnesota to possess, use or consume raw cannabis leaves, buds or flowers.