

Different Ways to Use Cannabis (Weed)



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	Ways to use cannabis:	How long until it kicks in?	How long might it last?*	Reasons why people may use cannabis this way:	Things to be aware of:
Oral	 Drinks: Juice, tea, smoothie, soda	30 minutes to 2 hours	2 to 8 hours	- Long-lasting relief - Smokeless - Easy to take	- May take time to feel the effects - Easy to take too much - Strength can vary - May not be suitable for people watching sugar or with dietary needs
	 Edibles: Lollipops, gummies, cookies, crackers, ice cream, chocolate bars, chewing gum, popcorn, nut mixes	30 minutes to 2 hours	4 to 12 hours	- Long-lasting relief - Smokeless - Easy to take	- May take time to feel the effects - Easy to take too much - Strength can vary - May not be suitable for people watching sugar or with dietary needs
	 Tinctures: Extracted from cannabis plants. Users place a few drops under their tongue	15 to 30 minutes	3 to 6 hours	- Fast acting - Smokeless - Easy to take - Easy to adjust dosage - Portable/discreet	- Taste may not be suitable for some people - Tinctures may be alcohol-based - Exposure to air, heat, and light can limit shelf life - Absorption rate may be different for each person
	 Pills: Gelcaps/soft gels, flower capsules, tablets	15 to 30 minutes	8 to 12 hours	- Long-lasting effects - Smokeless - Portable/discreet	- Mixed effectiveness - Easy to take too much - May be confused with medications that look similar
Inhalation**	 Smoking: Place cannabis flower into rolling paper, hookahs, water pipe, hand pipe	30 minutes	2 to 4 hours	- Inexpensive - Easy to adjust dosage - Fast acting - Most natural form	- Smell might be problematic - May be irritating to eyes, throat, lungs - May not be ideal for those with respiratory conditions (for example asthma, lung cancer)

*This is the average time; however, this may be different for each person.

**Inhalation may irritate the eyes, throat, lungs and particulates in the smoke/vapor may create or exacerbate respiratory conditions, especially bronchitis.

(For more information visit: https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/marijuana-and-lung-cancer-risk#:~:text=It's%20important%20to%20note%20that,Vaping%20marijuana.)).

	Ways to use cannabis:	How long until it kicks in?	How long might it last?*	Reasons why people may use cannabis this way:	Things to be aware of:
Inhalation**	 Vaporizing: Heat to aerosolize without combustion (oil or dried flower)	Seconds to minutes	1 to 2 hours	- Fast acting - Potentially less irritating than smoking flower - Portable - Multiple device options	- Vaping devices can be expensive - Vaping devices can be poorly made (for example the battery may overheat causing fires and/or skin burns) - More info: https://pmc.ncbi.nlm.nih.gov/articles/PMC10491958/
	 Dabbing: Heating a dab on a hot surface. Examples are wax, rosin, sauce, diamonds, budder, shatter, flan	Seconds to minutes	1 to 3 hours	- Fast acting - Highly potent (very strong)	- Easy to take too much - Not for all conditions (for example asthma, PTSD, Anxiety) - Difficult to use if not familiar with technique (not for beginners)
Topical	 Lotions & Salves: Products applied on the body and absorbed through the skin (ointments, salves, sprays, lotions)	10 to 30 minutes	Up to 3 hours	- Easy to apply - Targeted relief - Smokeless - Not as strong or as intoxicating as other options	- Not optimal for all conditions (for example epilepsy, glaucoma, PTSD) - May cause skin irritation - Useful for those with extreme nausea/vomiting because it is place on skin
	 Transdermal Patch: Applied to skin that enters your bloodstream	15 minutes	8 to 12 hours	- Easy to apply - Targeted relief - Long-lasting relief - Portable/discreet - Smokeless	- May cause skin irritation - May cause reaction if allergic to adhesives - Must apply to clean skin (for example lotion free, dirt-free, and oil-free) - Useful for those with extreme nausea/vomiting because it is place on skin
	 Suppositories: Solid, cone shaped form inserted into the rectum or vagina	15 to 30 minutes	4 to 8 hours	- Fast acting - Smokeless - Targeted relief - Long-lasting relief	- Familiar with the process - May be messy, uncomfortable or hard to insert into body - Storage (must be refrigerated) - May cause irritation for people who are sensitive to ingredients

Reference:

Kaltenborn A, Dastagir K, Bingoel AS, Vogt PM, Krezdorn N. E-cigarette explosions: patient profiles, injury patterns, clinical management, and outcome. JPRAS Open. 2023 May 18;37:34-41. doi: 10.1016/j.jpra.2023.05.001. PMID: 37693690; PMCID: PMC10491958.

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