

# Safer Use Plan for First-Time Medical Cannabis Patients

Medical cannabis can be a valuable tool for managing your health, but it's important to approach your first experience with care and preparation. This form will guide you to create a plan for safer usage.



## 1. Find a Licensed Dispensary

- Purchasing from a licensed dispensary ensures cannabis products are tested for contaminants and potency, providing consumers with reliable products.
- The Cannabis Control Division has a complete list of licensed dispensaries in New Mexico on their website: <https://crop.rld.nm.gov/dispensaries.html>
- You can also search online for “cannabis dispensaries near me” to find local options.



## 2. Choose the Right Place

- Find a private space where you can feel safe and in control.
- Avoid public places, as consuming cannabis in public is illegal.
- Stay somewhere familiar where you feel relaxed and secure, such as your home.



## 3. Time of Day

- Plan your first use at a time when you do not have any pressing commitments or responsibilities.
- Many first-time patients choose the evening, as it allows them to rest and observe how their body reacts.



## 4. Choose Your Method of Consumption

- Carefully choose how you want to consume cannabis, such as edibles, inhaling, tinctures or topical creams.
- Follow the instructions provided with your product and consult your medical provider for guidance.
- Be aware that different products take different amounts of time to take effect. Some take effect quickly, while others may take longer, so be patient and do not consume more than recommended.



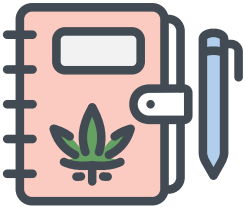
## 5. Dosage

- **Start low:** Begin with the lowest recommended dose for your product.
- **Go slow:** Only use the amount of product necessary to obtain beneficial effects. If additional product is necessary, increase the dose in small increments.
- **Understand potency:** All cannabis potency is not the same. Cannabis products vary in strength. Pay attention to THC and CBD levels on product labels. Higher THC means stronger effects.
- Follow your health care provider's recommendations if applicable.



## 6. Let Someone Know

- Tell a trusted friend, family member, or caregiver about your plan to try medical cannabis for the first time.
- If possible, have someone present or nearby to support you if you need assistance or feel uneasy.



## 7. Track Your Use

- Keeping a record of your cannabis use can help you to determine if it's working for you.
- Write down your experience, product type, dose, potency and effects, to share with your doctor for future adjustments.
- Pay close attention to how you feel after consuming cannabis.



## 8. Avoid Certain Activities

- Never drive or operate heavy machinery after using cannabis.
- Avoid combining cannabis with alcohol, other substances, and other medications.
- Hold off on making any major decisions.



## 9. Stay Hydrated and Relax

- Keep water nearby to stay hydrated.
- Create a relaxing environment for a better experience.

**Everyone reacts differently to cannabis. Take your time to learn what works best for you.  
Reach out to your healthcare provider if you have any questions or concerns.**



**Center for Medical Cannabis**  
Medical.Cannabis@doh.nm.gov  
(505) 827-2321

Center for Medical Cannabis  
Website: [mcp.doh.nm.gov](https://mcp.doh.nm.gov)

