

What if it feels uncomfortable?

If you are hesitant to bring up cannabis, you're not alone. You can start with:

- "I'd like to talk about whether medicinal cannabis is right for me."
- "I'm currently consuming cannabis and want to make sure it's safe with my treatment."
- "Can we discuss how cannabis may affect my condition or medications?"

Open conversations lead to better outcomes. If your HCP is unable to discuss cannabis use or related health considerations with you, consider seeking care from an HCP who is.



Register as a patient

New Jersey's Medicinal Cannabis Program (NJ-MCP) allows authorized patients with an approved health condition to access cannabis through an HCP participating in the NJ-MCP. If you are under 21 or unable to get to a dispensary, you can register up to two caregivers to pick up your medicinal cannabis from the dispensary.

The NJ-MCP offers free digital ID cards for new and renewing patients and caregivers. Physical cards cost \$10.

Learn more:

-  njcrgov.info/Medicinal
-  medcannabis@crc.nj.gov
-  (609) 292-0424



Talking to Your Healthcare Provider About Cannabis



This content is intended solely for adults 21 and older and does not constitute medical advice.



Why talk to your healthcare provider?

If you use cannabis—or are considering it—talking openly with your healthcare provider (HCP) can help support your safety and overall care.

Consuming cannabis in any form (inhaled, oral, topical, transdermal) may interact with medications, affect existing health conditions, or impact certain medical procedures and treatments. Your HCP can help you better understand potential risks, side effects, and considerations based on your health needs.

Whether used medicinally or recreationally, honest conversations help HCPs make more informed treatment decisions and support better health outcomes.

Your safety comes first.

Cannabis can interact with:

- Prescription medications
- Over-the-counter drugs
- Supplements
- Anesthesia
- Alcohol

According to the Cleveland Clinic, frequent cannabis use has been associated with rare but serious side effects, including severe nausea and vomiting known as Cannabis Hyperemesis Syndrome (CHS).



General safety guidance

New to cannabis? A parent? On medication? Pregnant? The NJ-CRC's safety page has tailored advice for you. Scan to explore.



njcrcgov.info/safety

What information should you share?

Be open and honest so your HCP can support you. Tell them if you:

- Currently consume cannabis and what product types (medicinally or recreationally)
- Are registered in the New Jersey Medicinal Cannabis Program
- Use cannabis for symptoms like pain, anxiety, sleep, or other conditions
- Are using cannabis to reduce or replace other substances (opioids, alcohol, tobacco)
- Want to reduce or stop cannabis use

Tip: You can also ask your HCP if they are a participant in the New Jersey Medicinal Cannabis Program. There is no judgement—your HCP's role is to support your health.

Better, more personalized care.

Open conversations help your HCP:

- Understand your full treatment plan
- Monitor how cannabis affects your condition(s)
- Adjust care as needed

Trusted medical guidance.

Your HCP can help you:

- Understand potential benefits and risks of cannabis use
- Identify appropriate use for your condition(s)
- Recognize side effects or concerns early