

10 Questions

*to ask your Dr
at your next
appointment*

A guide to having more informed and
meaningful conversations with your
healthcare practitioner.



10 *questions*

Walking into any healthcare appointment can feel overwhelming, especially if you're new to medicinal cannabis or unsure what to expect. It's easy to forget the questions you wanted to ask or leave wishing you'd understood something a little better. This guide isn't about testing your doctor or knowing all the right answers. It's to help you feel more informed, more confident and more involved in decisions about your own healthcare. Consider it a conversation starter that you can save, print or bring along to your next appointment.

1. What are we hoping this treatment will improve

Ask about realistic outcomes, not just best-case scenarios. Remember with any new treatment it can take time.

2. How long should I give this medicine before deciding

it's helpful to know what timeline to expect. Every body is different which means each person's endocannabinoid system responds differently to treatment. A good rule of thumb is consistency for six weeks, particularly with CBD treatment.

3. What side effects are most common?

What should I expect, and when should I contact the clinic?

4. How do I start, and how should I adjust my dose?

Make sure you understand your titration plan before you leave.

Ask the Dr are there enough (gummies, pastilles etc) to get me through to next appointment. E.g if you need 15mg of CBN to sleep at night ensure that there are 31 doses to last you the month. This saves having to go back and forth with the Dr.



5. What should I do if this product doesn't suit me?

Knowing the next step can reduce anxiety if your first treatment isn't the right fit. Be reassured that there are many different cannabinoid treatments it can, for some people take a few appointments to get this right.

6. Are there any interactions with my current medications or supplements?

Always ask about possible interactions, including over-the-counter medicines. CBD, for example, can interact with blood thinning medications, there is research showing there is a dose specific for this interaction.

7. What should I monitor over the next few weeks? (notes at the bottom are for this)

Keeping track of symptoms, your cycle, sleep, pain or side effects can make follow-up appointments much more productive. Hormonal fluctuations throughout the menstrual cycle may influence how some women respond to THC.

8. When should I book my follow-up appointment?

Understanding the review process helps you know what comes next. Leaving it too long can make accessing your medication difficult. Always book ahead of time. If the clinic has not contacted you, reach out to them.

9. Is there anything I should avoid while I'm finding the right dose?

This could include driving, alcohol, certain medications or other considerations depending on your circumstances.

10. If I think of more questions after I leave, what's the best way to contact the clinic?

It's reassuring to know where to go if something comes up between appointments.



Write it down

Things to avoid

Improvements

Side effects (most common are dry mouth, sleepiness)



Why I Created This Guide

Over the past eight years, I've had thousands of conversations with women about medicinal cannabis. One thing I've learnt is that most people don't walk into an appointment knowing what to ask, they walk in hoping they'll remember everything once they're there.

The reality is that appointments can feel overwhelming. There's often a lot of information to take in, and it's easy to leave thinking, "I wish I'd asked that."

I created this guide to make those conversations a little easier. Not because I think healthcare practitioners have all the answers, or because patients should have them either, but **because I believe the best outcomes happen when both people are part of the conversation.**

If this guide helps you ask one question you might not have asked otherwise, then it's done exactly what I hoped it would.

Thank you for downloading it, and if you have suggestions for future guides or resources, I'd genuinely love to hear from you. You can reach me at kyladeclifford@gmail.com or connect with me on Instagram @cannacuriousaus TikTok, YouTube @cannacuriousau.

References

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