

Patient Guide



MEDICAL CANNABIS PROGRAM

A Program of the New Mexico Department of Health

Welcome to the Medical Cannabis Program

Whether you are a new or renewing patient, PLEASE READ the information below. There is important information about being a Medical Cannabis Patient in New Mexico and some things may have changed since you first became a patient.

Please check your patient ID card to make sure it is correct. If there are any mistakes, contact the office immediately at 505-827-2321.

Review the current list of dispensaries. Contact dispensaries before going there for the first time. Ask if there is anything you need to do or bring with you before visiting them. **NOTE:** Take your patient ID card and your state ID to every visit.

Patient and Caregiver ID cards expire every three years. Send in your application to renew 30-90 days before your card expires. Every year, please send in a completed Annual Certification Form at least 30 days before the date listed on your card to continue your enrollment.

If you move to a different mailing address, or if your patient card is lost or stolen, fill out and send in an "Information Change/Card Replacement Form" within 10 business days.

Patients who need extra help can select a Primary Caregiver. Your Primary Caregiver will need to get a national background check, then fill out a separate application and get it signed by your doctor.

Having your patient ID card does not allow you to grow your own medical cannabis. If you want to grow your own medical cannabis, complete the application for a Personal Production License (PPL).

If you applied and were approved for a PPL, you will receive a separate PPL card. PPL's expire every year and can be renewed by sending in a complete PPL application at least 30 days before the PPL card expires.

Being a patient in the program allows you to buy up to 230 units (about 8 ounces) of cannabis over three months. See Page 3 for more information about understanding units and tracking your use

Important New Mexico State Laws

A complete list of the laws and rules for the Medical Cannabis Program can be found at www.nmhealth.org/go/mcp.

If you break the law, your medical cannabis card may be suspended and there could be legal action.

DO NOT:

- Cross state lines with cannabis or cannabis products;
- Drive or operate machinery while under the influence;
- Sell medical cannabis or cannabis products to anyone;
- Use around youth under the age of 18;
- Use cannabis in public areas like parks, buses or bus stops, near schools or recreation/youth centers, or any other public place.

You should keep your patient ID card with you at all times. You may need to show it to police officers if they ask for it.

Having a medical cannabis card does not protect you on federal property (like federal checkpoints, national parks, or airports) or on reservations (including casinos or private homes).

Having a card may not protect you if you rent or if your workplace has a drug-free policy. It also will not protect you if your employer does federal level urine testing (e.g. truck drivers for DOT screening). Ask your employer or landlord to be sure.

Read the Safety section on the back page for more important laws about storing your products.

How Much/When Can I Buy?

Patients in the program can buy up to 230 units of cannabis and/or cannabis products over a rolling three-month period (or 90 days). Patients can buy dried flower and many other products like edibles, tinctures, and topicals.

What is a "Unit"?



For dried flower, *1 unit equals 1 gram*. 230 units is about 8 ounces of dried flower product.



For edibles, tinctures, and topicals, *1 unit is 200 milligrams* (or 0.2 grams) of THC.

EXAMPLE	Total THC	Calculation (product mgs/200)	Total Units	Calculation (230/total units)	How Much You Can Buy	Total Units
Chocolate Bar	200 mg	$200/200=$	1 unit	$230/1=$	230 bars	230 units
Capsules	40 mg	$40/200=$.2 units	$230/.2=$	1150 caps	230 units
Tincture/Oil	400 mg	$400/200=$	2 units	$230/2=$	115 oil containers	230 units
Wax	1000 mg	$1000/200=$	5 units	$230/5=$	46 wax containers	230 units

All items from an approved dispensary should be labeled with the total amount of THC and number of units. If something you want to buy is not labeled, **ask a store employee**.

The total cannabis units you can buy is 230. It can include different items. For example, in a 90-day period, you might buy 80 units of dried flower, 75 units of tinctures, 40 units of chocolate bars and still have 35 units left.

What is a “Rolling Three-Month Period”?

Your units are tracked every time you buy products from a dispensary. Units that you buy today will fall off your total unit count after 90 days (based on the rolling three-month period).

Date of Purchase	Number of Units Purchased	90 Days	Date Units Will be Available Again
11/14/17	50	2/12/18	2/13/18
12/20/17	35	3/20/18	3/21/18
2/13/18	45	5/14/18	5/15/18

You can ask at the dispensary how many units you have left before you buy anything. Then you will know what you can buy that day.

Patient Medication Tracker

How do I know what works for me?

There are many types of products on the market with different uses and effects. The best way to keep track of what is working or not working for you is to write it down.

The next 2 pages are to help you track the products that you use. Write down what you tried, if it helped your symptoms and how you felt. Use a notebook to write down the information if you run out of space.

If you try something that doesn't feel right for you stop using it. Write it down in your tracker then talk to your medical provider and the dispensary.

It's a good idea for all [new patients](#) to track all the products you use over at least a one-month period and take it with you to your next medical appointment. This will allow you to talk to your medical provider about how specific products are working for you.

For [current patients](#), it is a good idea to track every time you try something new and how it made you feel.

Time to Feel Effects	Level of Symptom Relief*	Other Good Effects	Unwanted Side Effects	NOTES (Examples: where purchased, cost, etc.)
15 mins	4	Energy up, focused	Very dry mouth, little dizzy	My Favorite Dispensary
1 hr 15 mins	2	Lowered anxiety, yummy	Sleepy	About \$20 (Bought 2/1/18 – units renew 5/3/18)

* To track “**symptom relief**”, use a scale of 0 - 5 with 0 being NO relief and 5 being the best relief you ever have had.

Safety

Keep this, and all other medications, away from children and pets.

It is important that you buy your medical cannabis products from an approved dispensary in New Mexico. Products at dispensaries are required to be tested.

Store your medical cannabis products in the packages they came in from the dispensary. You must also keep your products secure and away from youth under 18.

Transport your medical cannabis in the original packaging from the dispensary.

Consume medical cannabis and cannabis products someplace that you feel safe and where you won't have to drive.

If you use a courier to deliver your medical cannabis, be sure to ask for their ID. Have your patient ID card ready to show them.

If you feel sick or have other unpleasant side effects, please write them down and tell the dispensary or call your doctor.

Contact Us

Mailing Address:

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Email: medical.cannabis@state.nm.us

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