



Poison HOTLINE

1-800-222-1222

November 2018



Did you know

An overdose does not rule out a patient from being an organ and tissue donor. There are many successful organ transplants that have occurred with organs from an overdose death.

Refer every death, every time to the organ donor network, even a death from an overdose. Despite some overdose patients having increased infectious risk as an organ donor, the donor network will determine if the patient may be considered a good candidate for organ and tissue donation.

Standardized 5-year patient survival for organ recipients was similar for organs from overdose-death donors compared with trauma-death donor.

What is CBD oil?

Cannabidiol, also known as CBD, is one of the many chemical compounds called cannabinoids that are found in the *Cannabis sativa* plant. Marijuana and hemp are two different strains of *Cannabis sativa*, and both contain CBD and tetrahydrocannabinol (THC). Marijuana has been cultivated to contain higher amounts of the THC, which causes the psychoactive effects. Hemp is higher in CBD and is the primary source of the CBD oil used in medicinal preparations.

CBD does not have the psychoactive effects that THC does. This makes it an appealing choice for those looking for relief from certain conditions without having the mind altering effects of marijuana.

The human body has two receptors for cannabinoids called CB1 and CB2 receptors. CB1 receptors are present throughout the brain and deal with coordination, movement, pain, emotions, mood, thinking, appetite, memories and other functions. CB2 receptors are more common in the immune system and affect inflammation and pain. THC exerts its effects primarily on CB1 receptors while CBD primarily affects CB2 receptors.

CBD oil is being used to treat chronic pain and a variety of medical problems. It is also being studied to determine if CBD has any beneficial effects on neuropsychiatric disorders, anxiety disorders, immune system disorders, Alzheimer's disease, some types of epilepsy, as well as chronic pain.

Currently the FDA does not regulate the safety or purity of the CBD oil that is sold over-the-counter, so those products may contain other unknown ingredients. In June, 2018, the FDA approved cannabidiol, under the trade name Epidiolex, as a treatment for two rare conditions characterized by epileptic seizures. Only CBD oil under the trade name Epidiolex is a DEA Schedule V drug; non-FDA approved CBD products remain on DEA Schedule I.

Side effect of CBD include nausea, fatigue, GI upset, diarrhea, changes in appetite or weight, irritability, allergic reactions, somnolence and insomnia. CBD can also cause a rise in the blood levels of some medications, including warfarin. There is still a lack of long term safety data for CBD oil.

For specific treatment recommendations call the IPCC at 1-800-222-1222.

*Anna Asmussen RN, CSPI
Specialist in Poison Information*

POISON
Help
1-800-222-1222

The logo for Poison Help, featuring the word "POISON" in a bold, sans-serif font above the word "Help" in a larger, bold, sans-serif font. To the right of the word "Help" is a red pill bottle with a white cap and a white skull and crossbones symbol on its side. Below the word "Help" is the phone number "1-800-222-1222" in a bold, sans-serif font.

Hotline Editor: Deputy Editor: Edward Bottei, MD

Post and share this edition of **Poison Hotline** with your colleagues. Send comments or questions to Poison Hotline, 712-234-8775 (fax) or Tammy.Noble@UnityPoint.org. To subscribe or unsubscribe from this distribution list, contact the IPCC education office at 712-279-3717. Read past issues of **Poison Hotline** at www.iowapoin.org.



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What is CBD oil? << Clarification >>

In the Poison Hotline November, 2018, issue, it was stated that there is no federal oversight of the manufacturing of CBD oil that is sold over the counter.

While there is no federal oversight, the Iowa Department of Public Health has mandated that every lot of CBD oil sold at licensed dispensaries in Iowa pass strict testing criteria.

Every lot of CBD oil is tested and must pass pre-defined criteria for:

- Bacteria
- Yeast
- Mold
- Residual solvents
- Residual processing chemicals
- Metals (e.g. lead, mercury, etc.)
- Pesticides

Every lot is tested to assure that the oil contains the correct concentrations of CBD and THC. The lots are also tested for stability over time to assure there is no decrease in potency during storage.

*Edward Bottei, MD
Medical Director, IPCC*



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