



Poison HOTLINE

1-800-222-1222

June 2021



Did you know

The IPCC has seen an increase in calls about *marijuana edibles* (i.e. edibles, cannabis brownies/cookies/ candy) in both children and adults. “Marijuana” describes cannabis that is greater than 0.3% THC (tetrahydrocannabinol) and causes psychoactive effects when used.

When marijuana is smoked, the effects are typically felt within 5-30 minutes. However, when it is swallowed it can take as long as 2-4 hours for the user to feel any type of effects. Overdosing is more common with edibles as individuals tend to overconsume before the effects begin to be felt.

NOTE: If a child has eaten or may have eaten even a small piece of a cannabis edible, do not wait for symptoms to develop. Call the IPCC at **1-800-222-1222** immediately for advice specific to your situation.

Clarifying the Cannabis Confusion: Hemp vs Marijuana; THC vs CBD

Marijuana and hemp plants have the scientific name *Cannabis sativa*, and both have a similar appearance. Cannabidiol (CBD) and delta-9-tetrahydrocannabinol (Δ -9-THC) are two of many cannabinoids found in the *Cannabis sativa* plant. The key difference between hemp and marijuana is their Δ -9-THC and CBD content. Hemp is grown industrially for use as paper, rope, clothing and food products such as hemp oil and hemp milk. Hemp has < 1% of the psychoactive Δ -9-THC, but can have high concentrations of CBD, ranges of 12-18%, which is not psychoactive but does modulate the psychoactive effects of Δ -9-THC. Marijuana contains high concentrations of Δ -9-THC which is responsible for the psychoactive “high” associated with cannabis.

There are approximately 150 cannabinoids that are found in the *Cannabis sativa*. Only four cannabinoids have been identified that have psychoactive properties.

- 1) Δ -9-THC: The most psycho-actively potent naturally occurring cannabinoid
- 2) Δ -8-THC: Approx. 2/3 the potency of Δ -9-THC
- 3) THCV (delta-9-tetrahydrocannabivarin): Approx. 1/4 the potency Δ -9-THC
- 4) CBN (Cannabinol): Approx. 1/10 the potency of Δ -9-THC

Legal consumable hemp products (CHP) cannot be used by inhalation. Legal CHP’s can have any amount of CBD but MUST have < 0.3% Δ -9-THC. Most or all consumable cannabinoid products have the amount of active ingredient listed on the packaging. It generally takes longer to get the “desired” effects with edibles and consumables. The Iowa Department of Inspection and Appeals (DIA) and the Iowa Dept of Public Health manage/regulate consumable hemp products.

There has been an increase in number of exposures in children ingesting edibles and consumable products sold in stores and on the Internet. Children are more susceptible to life-threatening toxicity than adults. Symptoms include agitation, confusion, tachycardia, nausea and vomiting, lethargy, coma, dilated but reactive pupils, ataxia, slurred speech, CNS and respiratory depression, tremors and seizures. Treatment is symptomatic and supportive. Protect the airway. Use anti-emetics for nausea and vomiting. Use benzodiazepines like Valium or Versed for agitation, tachycardia, tremors or seizures. Symptoms generally resolve within 24 hours.

Call the IPCC at **1-800-222-1222** for management advice if someone is experiencing unwanted or unexpected effects from any form of cannabis.

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POISON
Help
1-800-222-1222

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