



**Sanctuary
Medicinals**

Patient Handbook

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WELCOME TO SANCTUARY MEDICINALS

Sanctuary Medicinals' mission is to provide the highest quality organic medicine, service, and education to qualified Massachusetts medical marijuana patients.

Our Locations

Danvers

2 Electronics Ave
Danvers, MA 01923

Gardner

16 Pearson Boulevard
Gardner MA 01440

Woburn

130 Commerce Way
Woburn, MA 01801

Becoming a Patient at Sanctuary Medicinals

To prepare for your first visit to Sanctuary Medicinals, there are a few steps you need to take:

STEP 1.

Get a Doctor's Certification



Pediatric patients need to have TWO doctor recommendations. For more information, please visit : www.mass.gov/eohhs/docs/dph/quality/medical-marijuana/physician-guidance-2015-06-09.pdf

Massachusetts requires that a doctor be certified by the state to provide medical marijuana recommendations. If your primary care doctor is not certified you might need to find a doctor elsewhere. Please call Sanctuary Medicinals and our staff will help locate a doctor for you. Additionally, a web search for “medical marijuana doctors Massachusetts” can also help you find a doctor. Once a doctor has certified that you qualify, you can move on to the next step.

STEP 2.

Register With the State



If you prefer registering with paper forms, call DPH at 617-660-5370 to request paper forms.

The doctor that certified you for the Massachusetts Medical Use of Marijuana program will give you a registration number . This number will be used to complete the medical marijuana Online System registration process. To register online visit: www.mass.gov/eohhs/gov/departments/dph/programs/hcq/medical-marijuana/patients-and-caregivers.html

For additional questions or information on the registration process, please call your doctor or visit: www.mass.gov/eohhs/docs/dph/quality/medical-marijuana/mmj-system-registration-patient-step-by-step.pdf

Once you have finished registration and you have been approved by the Massachusetts Department of Public Health, you will receive your Medical Use of Marijuana Program Identification Card in the mail.

STEP 3.

Visit Sanctuary Medicinals



Bring your state issued Medical Use of Marijuana Program ID card and another form of state-issued identification (driver's license, passport) to Sanctuary Medicinals. For your first visit you will need to fill out some paperwork to register with our dispensary. One of our Patient Care Advisors will work with you one-on-one to help you find the products suited for your needs.

IMPORTANT LINKS

Patient Application Process Overview

<http://www.mass.gov/eohhs/docs/dph/quality/medical-marijuana/patient-guidance-for-registration.pdf>

Full Online Application Instructions

<http://www.mass.gov/eohhs/docs/dph/quality/medical-marijuana/mmj-system-registration-patient-step-by-step.pdf>

Step by Step Guide

www.mass.gov/eohhs/docs/dph/quality/medical-marijuana/mmj-system-registration-patient-step-by-step.pdf



Sanctuary Medicinals

New Patient Form

Patient Information

Name

First & Last

Doctor's Name

Mailing Address

Address Line 1

Address Line 2

City/Town

ZIP

Massachusetts Patient Registration Number

_____/_____/_____

Date of Birth

Preferred Method of Contact

Home Phone

Cell Phone

Email

Text Message

Phone Numbers

Home _____

Cell _____

Other _____

Email Address

_____ @ _____

Gender _____

Would you like to be added to our email newsletter?

Are you willing to participate in patient surveys?

Caregiver Information (if applicable)

First

Last

Mailing Address

Address Line 1

Phone Numbers

Home _____

Address Line 2

Cell _____

City/Town

ZIP

Other _____

Acknowledgements for Patient & Caregivers

Please initial next to each acknowledgment below then sign and date the bottom of the form

I attest that I will not engage in the diversion of marijuana. I understand that fraudulent distribution or resale of medical marijuana is a felony punishable by up to 5 years in prison.

I understand that my registration card only allows me to possess and use marijuana for medical purposes within Massachusetts.

I understand marijuana has not been analyzed or approved by the FDA, including marijuana produced by Sanctuary Medicinals.

I understand there is limited information on the side effects of marijuana, including marijuana produced by Sanctuary Medicinals.

I understand there may be health risks associated with using marijuana, including marijuana produced by Sanctuary Medicinals.

I understand marijuana, including marijuana produced by Sanctuary Medicinals, should be kept away from children.

I understand that when under the influence of marijuana, driving is prohibited by M.G.L. c. 90, s. 24, and machinery should not be operated.

I understand I may not distribute medical marijuana to any other individual, and must return unused, excess, or contaminated product(s) purchased at Sanctuary Medicinals to Sanctuary Medicinals dispensary for disposal.

I agree at all times to abide by Massachusetts law in regards to my use of medical marijuana, and hereby release and waive all claims against Sanctuary Medicinals from any and all liability related to my use of medical marijuana.

I agree not to bring any weapons or anything that can be used as a weapon into Sanctuary Medicinals facilities.

I agree to the use of medical marijuana in a way that does not endanger the health and well being of any person.

I understand that Sanctuary Medicinals may refuse to dispense medical marijuana to me if, in the opinion of the dispensary agent, the public or myself may be placed at risk by so doing.

I have received the Sanctuary Medicinals patient handbook.

Patient/Caregiver Name (Please Print)

Patient/Caregiver Signature

Date

QUALIFYING PATIENT AND DESIGNATED CAREGIVER WAIVER

The enclosed waiver constitutes a Declaration regarding **Registered Qualifying Patients** and **Personal Caregivers** services on behalf of the medical use of **marijuana** by individuals in the Commonwealth of Massachusetts.

The purpose of 105 CMR 725.000 is to implement Massachusetts Chapter 369 of the Acts of 2012, an Act for the Humanitarian Medical Use of Marijuana. All terms in “**bold face**” within this Declaration shall be construed consistent with 105 CMR 725.000 and shall be interpreted as defined therein.

Registered Qualifying Patient or Personal Caregiver acknowledges the following:

Sanctuary Medicinals is operating under 105 CMR 725.000 as a Registered Marijuana Dispensary.

Sanctuary Medicinals has indicated a warning that:

- 1. MARIJUANA HAS NOT BEEN ANALYZED OR APPROVED BY THE FDA**
- 2. THERE IS LIMITED INFORMATION ON SIDE EFFECTS OF MARIJUANA**
- 3. THERE MAY BE HEALTH RISKS ASSOCIATED WITH USING MARIJUANA**
- 4. MARIJUANA SHOULD BE KEPT AWAY FROM CHILDREN**

Sanctuary Medicinals has indicated a warning that when under the influence of **marijuana**, driving is prohibited by M.G.L. c.90, s. 24, and machinery should not be operated.

Sanctuary Medicinals makes NO representation as to the safety of any **marijuana** obtained within.

Sanctuary Medicinals has indicated that the use of any **marijuana** obtained at Sanctuary Medicinals is at one’s own risk.

Registered Qualifying Patient or **Personal Caregiver** agrees to hold harmless and indemnify Sanctuary Medicinals for any possible damages or losses.

Registered Qualifying Patient or **Personal Caregiver** agrees that Sanctuary Medicinals shall not be named in any lawsuit arising from its dispensation of **marijuana**.

Registered Qualifying Patient or **Personal Caregiver** understands and assumes the risk of all potential harms that could be caused by **marijuana** including but not limited to: low blood pressure; lightheadedness, fainting, loss of balance, drowsiness including any injuries associated therewith; demotivation; increased appetite and weight gain; slower reflexes or other cognitive obstructions; aggravation of pre-existing mental or physical disorders; and addiction.

Registered Qualifying Patient or Personal Caregiver agrees to comply with all statues, ordinances, and rules related to use of marijuana, including those established in Massachusetts Constitution, Massachusetts Statutes, and Massachusetts Department of Public Health.

Registered Qualifying Patient or Personal Caregiver understands under Massachusetts law, the Registration Card only protects him or her from arrest for possessing limited amounts of marijuana in Massachusetts. In states outside of Massachusetts, please consult an attorney in that state to learn about any applicable restrictions.

POSSESSING AND USING MARIJUANA IN ANY FORM IS A FEDERAL CRIME. YOUR RISK OF FEDERAL PROSECUTION INCREASES ON FEDERAL LAND, WHICH INCLUDES NATIONAL PARKS, AND FEDERALLY SUBSIDIZED HOUSING

Sanctuary Medicinals does not hold out itself to the public within this state as being able to diagnose, treat, prescribe for, or prevent any human disease, ailment, pain, injury, or condition.

Sanctuary Medicinals does not suggest, recommend, prescribe, or administer any form of treatment, operation, or healing for the intended palliation, relief, or cure of any physical or mental disease, ailment, injury, or condition.

Sanctuary Medicinals does not maintain an office for the purpose of examining or treating persons afflicted with disease, injury, or defect of body or mind.

I swear and affirm under penalty of perjury that I have read and understand the above statements.

Name (Please print)

Signature

Date

MAILING ADDRESS

Address

City/Town/State

Zip Code

Patient Medical Provider Release Form

I hereby have requested from Sanctuary Medicinals a release of my confidential information regarding the Massachusetts Medical Use of Marijuana patient data to be given to my certified medical provider. This data includes the following private information:

1. The strains of cannabis dispensed, including potency; and
2. The form of prepared cannabis or CIP dispensed.

Additional information to be released if provided by the patient includes:

1. Strains used and routes of administration as they relate to qualifying conditions and symptoms;
2. Any side effect experienced;
3. Therapeutic effectiveness; and
4. Overall satisfaction with the Massachusetts Medical Use of Marijuana Program.

Name (Please Print)

Signature

Patient ID Number

Date

Patient Certified Medical Provider

Patient Certified Medical Provider Phone Number

Patient Certified Medical Provider Email

Patient Data Release Form

1. In order to better serve patients, I authorize Sanctuary Medicinals the permission to collect data on me regarding the Massachusetts Medical Use of Marijuana Program. All data collected will be securely maintained. Data used will be the following:

1. Strains used and routes of administration as they relate to qualifying conditions and symptoms;
2. Any side effects experienced;
3. Therapeutic Effectiveness; and
4. Overall satisfaction with the Medical Use of Marijuana Program.

2. Data will be used internally for determining best practices within Sanctuary Medicinals.

3. Additionally, in a pursuit to constantly improve the Medical Use of Marijuana Program, this data will be shared with the Massachusetts Department of Public Health.

Name (Please Print)

Signature

Patient ID Number

Date

Our Products

We carry a wide range of products to accommodate individual preferences and needs. Please visit our website or dispensary for the latest menu.



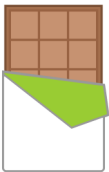
LARGE STRAIN VARIETY

Sativa, Indica, Hybrid, and CBD



TINCTURES

Strain and dosage specific with varying potencies



EDIBLES

Baked goods, lozenges, gel capsules, and more



TOPICALS

Salve, oils, and transdermal patches



CONCENTRATES

Vaporizer cartridges, kief, shatter, sauce, and more

Services

STAFF & RESOURCES

We encourage you to ask questions and interact with our staff when you visit Sanctuary Medicinals. Our patient care advisors are heavily trained and extremely knowledgeable about medical marijuana. We welcome any questions you may have and will be happy to guide you towards products that might suit your needs.

PATIENT CONSULTATIONS

While drop in visits and on-the-spot discussions with our staff are most common, we do offer appointments for longer discussions. To schedule an appointment, please contact us.

FINANCIAL HARDSHIP PROGRAM

Patients may be eligible for reduced pricing if they are enrolled in SSI, SSDI, MassHealth, and/or have a verified financial hardship. Once participation in one of these programs has been confirmed, a sliding scale discount will be applied based on program enrollment and family income. Please speak with a staff member at our location, email us, or call us for more information on how to apply. Sanctuary Medicinals reserves the right to limit the amount of discounted product sold to financial hardship participants and to adjust the discount parameters of the program if necessary.

TRANSLATION & INTERPRETATION SERVICES

If one of our staff members doesn't speak your language, we will utilize a telephone translation service to ensure effective communication. We also provide accommodations for the blind/visually impaired and deaf/hard of hearing.

Types & Effects of Cannabis

Cannabis has been used for medicinal purposes for many years. Mature cannabis plants contain many different cannabinoids that give the user physical and/or psychotropic effects. Each strain or variety of cannabis has a different cannabinoid profile with varying strengths. Sanctuary Medicinals produces many different strains of medical marijuana to ensure that each individual can find a product that suits their needs.

TETRAHYDROCANNABINOL (THC)

This was the first cannabinoid identified. The therapeutic effects of THC have been well documented as a result. THC is known to produce the “high” effect associated with cannabis.

CANNABIDIOL (CBD)

CBD is another well known cannabinoid. It has gained attention for its medicinal benefits but provides little to no “high”. Sanctuary Medicinals offers a myriad of CBD products in varying strengths.

For more information about the benefits of specific cannabinoids, please see the chart on the next page.

FACTORS TO CONSIDER

Everyone has different experiences using medical marijuana. There are a number of factors that impact the effect you feel including:

- Dosage (amount used)
- Strain or type of cannabis
- Environment/setting
- Method of use
- Mood or mindset
- Experience/history of marijuana use

Cannabinoid Benefits

MEDICAL BENEFITS	THC	CBD	CBG	CBN	CBC	THCv	THCa	CBDa
Relieves Pain	●	●		●	●	●		
Suppresses Appetite						●		
Kills or Slows Bacterial Growth		●	●	●				
Reduces Blood Sugar Levels		●						
Reduces Nausea & Vomiting	●	●					●	●
Reduces Seizures & Convulsions		●				●	●	
Reduces Inflammation	●	●	●		●		●	●
Aids Sleep	●			●				
Reduces Risk of Artery Blockage		●						
Inhibits Tumor Growth/Cancer Cells	●	●	●		●		●	●
Nervous System Protectant	●	●						
Suppresses Muscle Spasms	●	●		●			●	
Relieves Anxiety	●	●	●		●	●		
Stimulates Appetite	●							
Modulates the Immune System		●						
Reduces Spasms in the Small Intestines		●					●	
Tranquilizing/Antipsychotic		●						

Strain Types

Cannabis strains can be divided into four categories: sativa, indica, hybrid and high CBD. Sativa & indica strains originate from different geographic locations. They have distinct characteristics in appearance and growth cycle. More importantly, the two types of cannabis can have very different effects on the human body. Strains are bred to maximize/minimize specific traits and effects, and hybrid strains are created when genetics from both sativas and indicas are joined together.

SATIVA

Sativa strains tend to provide uplifting and energizing effects that are good for daytime use. Patients seeking medicine that offers pain relief and encourages physical activity, increased energy, and creativity may prefer sativa strains. Sativas can also help alleviate anxiety and depression, promoting a sense of well-being.

INDICA

Indica strains are known for relaxing the body and mind. Indica strains are helpful for patients looking to manage pain, insomnia, anxiety, and stress – especially in the evenings. Indica strains also help relieve intra-ocular pressure. The full-body sedating effects of indicas are best for those with chronic pain and issues with sleep. These strains are also effective in stimulating appetite and reducing nausea.

HYBRID

Hybrid strains are crossbred strains of cannabis that have genetics from both sativa and indica strains. Their traits depend on what is inherited from parent strains. Hybrid strains are generally categorized as sativa-dominant, indica-dominant, or balanced (50/50) hybrid.

HIGH CBD

High-CBD strains are reported to be helpful in treating a number of conditions while producing little to no psychoactive effects. These strains can be an indica, sativa, or hybrid. Strains are specifically bred for high CBD content, therefore maximizing medicinal benefits. CBD may be helpful in treating pain, inflammation, and anxiety.

Speak with your Sanctuary Medicinals Patient Care Advisor to learn about our strains, understand their different effects, and find the medicine that may be best for your needs.

Delivery and Dosage

INHALATION

The most common method patients use is inhalation. When inhaled, cannabinoids enter into the lungs where they are then pass directly into your blood stream. This enables quick onset, making proper dosing easier than other methods.

1. Vaporizing

Vaporizers are devices that heat cannabis to a specific temperature, below its ignition or combustion point. Due to the fact that there is no combustion occurring, vaping is a much safer alternative to smoking. The temperature range used is 338-390 degrees Fahrenheit. This releases cannabinoids as a vapor without producing smoke. Vaporizing also causes little to no irritation to the throat or lungs.

DOSAGE

Vaporizing may require up to twice as much dry cannabis flower to deliver the same effect as other delivery methods. However vaping can be more efficient that smoking so some patients may actually use less.

If using a concentrate, much less is required. Concentrates provide a higher dosage. For example, 0.1g of wax might provide 65mg of cannabinoids.

2. Smoking

Smoking is the classic method of cannabis delivery. This is done by smoking cannabis in rolled paper, pipes, or water pipes. Smoking provides patients with controllable and readily available effects which means that many patients can slowly increase their dose to achieve symptom relief.

DOSAGE

The amount used while smoking varies. The average joint contains 0.5g to 1 gram of cannabis. The average amount used daily also varies from 0.5g-7g or more. Smoking is done frequently throughout the day as the duration is 2-4 hours.



Onset: 5-10 minutes
Duration: 2-4 hours

INGESTION

Another popular way to consume cannabis is through ingesting it in edible form. When cannabis is ingested, cannabinoids are metabolized by the liver, which strengthens both the effects and duration of the medicine. Eating or ingesting cannabis usually leads to a longer, stronger, and much more physical effect than smoking. Due to the longer and slower release of cannabinoids, ingestions may be a better choice for chronic conditions that require a maximum dose. The ability to control the effects (titrate) is more difficult than inhalation because of the variability of digestion.

DOSAGE

Start low and go slow!

Wait at least two hours to assess the effects before increasing the amount of cannabis consumed, and remember that an empty stomach can significantly affect the time it can take for the cannabis to take effect.

If the effects are too strong, drink water and find a safe and comfortable place to rest. It may take some time but the effects will pass.



Onset: 1-2 hours
Duration: 6-8 hours

SUBLINGUAL DELIVERY

Some cannabis products are designed for sublingual consumption, including tinctures. "Sublingual" refers to the tissue under the tongue, an area where cannabinoids can enter directly into the bloodstream. Dosing can be easily managed through this discreet, and very effective delivery method.

DOSAGE

The amount needed will depend on the tincture. Patients should start with a few drops and increase it as needed. Typically one dropper full is considered a dose. One dropper is equal to 1mL.



Onset: 5-30 minutes
Duration: 1-6 hours

TOPICALS

Topicals consist mostly of non-psychoactive, cannabis-infused salves, oils, and transdermal patches. Patients apply these products directly onto their skin to treat localized pain, muscle soreness, and inflammation. Patients with skin disorders or peripheral pain disorders do well with topical cannabis. Cannabinoids are absorbed through the skin and do not result in psychoactive effects.

DOSAGE

Dose is a function of an area to be covered. Topicals can be used as needed.



Limited Psychoactive Effects

Sanctuary Medicinals understands many patients are looking for products that provide limited psychoactive effects. We offer several products with little to no psychoactive effects including flower, vaporizers, capsules, and tinctures.

THC-A

THC-A is the main non-psychoactive cannabinoid in raw cannabis. It converts to THC when heated, smoked, or vaporized. THC-A has been reported to help with inflammation, seizures, and muscle spasms.

CBD DOMINANT

CBD products are reported to be helpful in treating many conditions while producing very little to no psychoactive effects. It has been used for anxiety, pain, seizures, and inflammation.

CBD:THC 1:1

A one to one ratio of CBD and THC offers a balance of both CBD and THC. These products offer a balance of psychoactive and non psychoactive effects that many patients find are helpful.

In addition to the products listed above, there are other products at Sanctuary Medicinals with similar ratios. Talk with your Patient Care Advisor on your next visit to learn more about these products.

Finding the Right Dose

Start low and go slow. When trying a new product, always start with a low dose to gauge how well the product works for you.

Method	Start With
Smoking	One inhalation
Vaporizing	One inhalation
Tincture	5-10mg
Edibles	5-10mg
Topicals	Thin layer of product on the affected area

Tracking the products you use is beneficial to many patients. Use the Strain and Product Log on page 23 in this handbook to learn from your experiences.

CANNABIS INFUSED PRODUCTS FIRST TIME RULE OF THUMB

Start low and go slow! Start with 10mg or less. Wait at least two hours before having more.

Patient Strain & Product Log

Sanctuary Medicinals encourages all patients to keep a journal and record your usage at least until you have found what products work best for you.

Date	Strain	Method of Consumption	Dosage	Effect/Duration	Additional Notes
Example: 05/08/18	JMCA	Tincture	10mg	Lasted 3 hours less anxiety	No psychoactivity. Took 30 minutes to feel effect.

Safety & Responsibility

PATIENT ACKNOWLEDGEMENTS

Before being able to purchase products from Sanctuary Medicinals, all patients and caregivers must fill out a New Patient Form and Qualifying Patient & caregiver Waiver. These forms contain important patient acknowledgements regarding safe and compliant use of medical marijuana. Copies of these forms will remain in your patient file. Copies are available upon request.

GOOD NEIGHBOR POLICY

Sanctuary strives to be a good neighbor. We seek to be a model dispensary and will do our part to ensure we are responsible and compliant with all state laws. As a patient of the dispensary and this community, we ask that you be especially mindful of our neighbors. We have worked hard to establish a positive relationship with our neighbors, the city, and the police department. Please be respectful of our neighbors' rights, privacy, and property. We expect our patients to help us keep our commitments to our neighbors by not creating a nuisance or lingering in the parking lot or sidewalk areas. Always be careful and courteous when entering or exiting the parking lot.

Use of marijuana or marijuana products on or around Sanctuary Medicinals facilities is strictly prohibited.

We want you to feel safe when you visit Sanctuary Medicinals. Please let our staff know if you need extra assistance when visiting us. Please report any suspicious or illegal activity.

RESPONSIBLE USE

Medical Marijuana may cause drowsiness and impaired motor skills. Avoid driving or operating heavy machinery when using your medicine. It is illegal to drive under the influence of marijuana. If you are inexperienced with marijuana, ask someone you trust to stay with you the first time you use it. Stop use if you feel stressed, confused, anxious, or uncomfortable. Remember that edibles and infused products have a delayed impact and are long lasting.

AVOID ACCIDENTAL INGESTION AND KEEP CHILDREN SAFE!



KEEP ALL MEDICAL MARIJUANA AWAY FROM CHILDREN. STORE ALL PRODUCTS IN THEIR ORIGINAL CHILDPROOF PACKAGING, OUT OF REACH OF CHILDREN, AND IN A LOCKED CONTAINER. TO AVOID THE RISK OF ACCIDENTAL INGESTION, **DO NOT** STORE EDIBLE MARIJUANA PRODUCTS WITH OTHER FOODS. BE RESPONSIBLE ABOUT SAFE STORAGE.

Tolerance & Dependence

Physical dependence on marijuana is not substantiated by research. However, physiological dependence is possible with the over use of any substance.

CANNABIS WITHDRAWAL

Unlike other medicinal and illicit drugs which may cause severe withdrawal symptoms and even death upon cessation of that drug, cannabis withdrawal may be unpleasant but never deadly.

SIGNS AND SYMPTOMS OF DRUG ABUSE

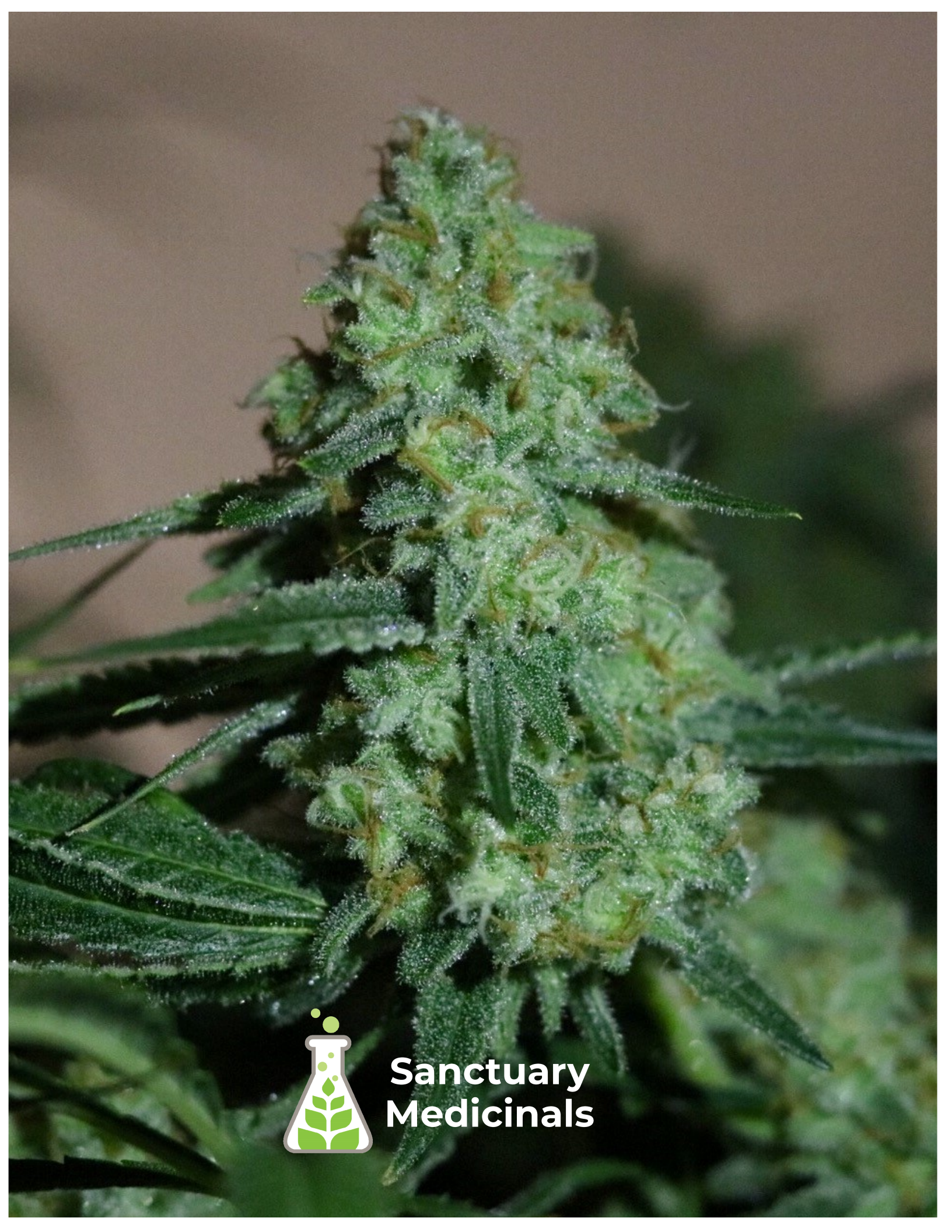
Each drug has different physical effects however, the symptoms of addiction are similar. If you notice the following signs or symptoms of drug abuse, consider talking to someone about this.

- Neglecting responsibilities at home, work, or school because of your drug use
- Spending excessive time in acquisition, using, or recovering from use
- Unsuccessful attempts to quit/cut down use
- Getting into legal trouble
- You take drugs to avoid or relieve withdrawal symptoms
- Your life revolves around your drug use
- The substance is often taken in larger amounts or over a longer period than was intended
- Continued use of the substance despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of its use

TOLERANCE

Tolerance plays a significant role in the amount of cannabis used and tolerance develops faster with high potency cannabinoids. When cannabis is used chronically, there is a continued stimulation of cannabinoid receptors which leads to a “desensitization” of these receptors. Thus, more of the drug is needed to achieve a desired effect.

**If you think you need help with substance abuse call SAMHSA's National Helpline,
1-800-662-HELP (4357)**



**Sanctuary
Medicinals**