

HOW TO GUIDE:

*Vaporisation  
of medicinal  
cannabis flower*

With patient education and safety in mind, Little Green Pharma has developed this 'how to' guide for healthcare professionals to better support patients who are considering vaporising medicinal cannabis flower.

*Making a world of difference.*

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# Step-by-step instructions on how to use a vaporiser:

Any vaporiser guidance provided by a product manufacturer supersedes this general guidance. Please refer directly to the device manufacturer's instructions before use.

Please read before using your vaporiser:

- Cannabis oil which is to be used for oral ingestion must NOT be used in any type of vaporiser.
- This information relates to the vapourisation of dried medical cannabis flower only and does not cover vapourisation devices that use vaporiser cartridges.
- Your prescriber will advise your medical cannabis flower dosing requirements. You should not exceed this daily prescribed dosage.

STEP  
*Prepare device*

1

Make sure the device is charged or plugged in.

**Do not turn on the device yet.**

**TIP:** Some vaporisers can get quite hot while in use so don't turn the device on until you are ready to start inhalation.



STEP  
*Prepare dried flower*

2

Measure and grind the dried flower. Vaporisers will require a fine to medium grind so grind or break apart your dosage accordingly. Please refer to the device's instruction guide for further clarification on the grind required.

**Grind your prescribed flower dosage and use a scale to check the weight.**

**TIPS:** A grinder will help achieve a more consistent result and avoid damaging trichomes. For this reason you may prefer to use a grinder rather than scissors or breaking the cannabis flower apart manually.

Grind the flower to the required consistency before using a 0.01g digital scale to ensure accurate dosing weight.

STEP  
*Open heating chamber*

3

Identify the heating chamber and open the lid.

**Please check the device instructions on how to insert dried flower into the heating chamber.**

STEP  
*Insert dosage*

4

Place your recommended dosage of dried flower into the vaporiser's heating chamber.

**Do not pack the chamber tightly as it is important to have free air flow in the chamber.**

**TIPS:** Dosing caps, filling chambers, tweezers and loading trays are useful tools available to assist with packing and help to avoid flower wastage.

If the chamber is packed too tightly, it may take a few extra inhalations for any vapour to be released from the device.

STEP  
Set temperature

5

**Close the lid of the vaporiser heating chamber and turn on the device.** If you are using a vaporiser for the first time it is suggested you use the default factory temperature setting recommended by the manufacturer. You can increase or decrease the temperature to maximise therapeutic effect(s) whilst maintaining an inhalation temperature that is comfortable for you.

**The overall cannabinoid and terpene profiles may be impacted by the temperature of the device.**

**TIP:** High CBD flowers will vaporise at a higher temperature (200 – 220°C) whilst THC tends to be heated at lower temperatures (160 -180°C). When vaporising at a lower temperature the taste and smell provided by the terpenes is usually stronger.

STEP  
Inhalation

6

**Slowly inhale for 5 seconds and exhale for 10 seconds.**

This is described as the Fulton Puff Method\*. It is common practice to wait between 5 -15 minutes to feel therapeutic effects. There is no set time length for inhalation, and inhalation should be as deep as possible without causing undue discomfort. Coughing is to be expected when first becoming accustomed to a vaporiser – even for experienced smokers – because the experience is different for the lungs. Coughing or discomfort may also be linked to the temperature and or unfamiliarity with vaporising. This will reduce over time.

**There may be little to no vapour when you exhale.**

This is normal as vaping cannabis flower is different to a nicotine vaporiser. If a patient is unsure if they are experiencing the optimal therapeutic benefit and have waited 15 minutes they may wish to inhale again.

**How do you know when the dose has been fully vaporised.**

You will know the flower has been fully vaporised when you exhale and do not see any more vapour. Also, once the device is turned off and cooled down, you can inspect the flower to confirm. If it has been vaporised it should have changed in colour (from green to brown) and will be drier than before.

\*ncbi.nlm.nih.gov/pmc/articles/PMC6901575/

STEP  
Cleaning

7

**After use it is important to cool and clean your device.**

Turn off your device and for safety reasons let it cool down before cleaning or storing. Follow the instructions provided with your vaporiser to ensure it is cleaned between each use, keeping in mind the best time to clean your device is after administration and once cool enough to open.

Ensure that the device is stored in a safe location away from the reach of children.

## Frequently asked questions

### Why use vaporisation as a form of administration?

Vaporisation of medicinal cannabis flower (also known as 'vaping') allows for quick onset of therapeutic benefit and acute symptom relief.

A quick onset of action might be required when treating conditions such as:

- Breakthrough pain
- Insomnia (specifically not being able to fall asleep)
- PTSD
- Panic attacks
- Anxiety.

### What equipment can be used to use to vaporise cannabis flower medicine?

To vaporise medicinal cannabis flower product safely and effectively the following items are commonly used:

- A vaporiser (ensures safe inhalation of flower product)
- A 0.01g digital scale (used to measure the maximum dose amount i.e. 0.1g)
- A grinder (a tool used to break down cannabis flower into smaller, homogenised elements for a more optimal therapeutic experience)

*Please note, patients do not need to purchase a vaporiser registered on the Australian Register of Therapeutic Goods (ARTG), however it is recommended by the TGA.*

## Frequently asked questions continued

### Where to buy a vaporiser?

ARTG approved vaporisers can be purchased from [www.vapormed.com.au](http://www.vapormed.com.au). There are many commonly used vaporisers available for sale online and these are usually considerably more affordable than registered vaporisers.

*Please note: Some health insurers also provide rebates on ARTG registered vaporisers and patients can check with their insurers to see if they are eligible for compensation and which vaporisers are covered.*

### What are the features of a vaporiser?

As all devices are different, it is important to understand the features of a vaporiser before purchasing. Some vaporisers are used to inhale dried flower, some are to used with cartridges only (containing a specific cannabis liquid for inhalation) and some allow for both methods of inhalation.

For a medicinal cannabis flower prescription, a vaporiser with a dried flower chamber is required.

The features to look for in a vaporiser are:

1. Temperature control: ideally comes with the ability to adjust the temperature
2. Lithium battery (has a longer life before charging is required)
3. A device that turns off automatically
4. A smaller size if you are wanting something portable

### How to measure a prescribed dosage?

A measuring scale can be used to identify the recommended dose. Jewellery scales are a helpful device because they measure to 0.01. Vaporisers will have a maximum amount of flower that can be inserted at one time in the chamber.

### How to use a grinder?

It is common practice to use a grinder rather than using your fingers or scissors to break down the cannabis flower into small pieces of similar size and consistency. This limits the flower contact with hands and prevents the trichomes and the cannabinoids they carry from being damaged.

Open the grinder lid and gently break the larger flowers into manageable pieces. Evenly distribute these smaller pieces among the teeth of the grinder, as evenly as possible. The central portion of the grinder is vital to the function of the mechanism, so keep this area clear of any cannabis.

Close the lid of the grinder so that the centre fits in place. Once secured, give your grinder a few twists back and forth gently. The resistance you feel will depend on the quality of your grinder and the size of the flower pieces placed in the grinder. Initially, you can start out with about 5-7 twists. Once you get to know your grinder and vaporiser, the number of rotations needed to achieve the preferred homogeneity will be easier to determine.

Some grinders have a third chamber. To access the compartment of a 3-chamber grinder, which holds the smaller elements of flower you have ground, grip the base of the grinder and use your free hand to remove the top 2 portions of the grinder. Once you've accessed the chamber where the ground flower is stored, you can use this as needed.

### How to pack my vaporiser?

Always handle flower gently, to avoid disrupting the trichomes (which store cannabinoids, the active ingredients in cannabis). The use of tools provided with your vaporiser can assist with more efficient dosage. Your vaporiser will come with instructions on how to use these tools if provided. A patient may use their fingers to pinch the homogenised flower, however it is best to handle as gently as possible to protect the trichomes.

### What is the heating chamber?

The heating chamber, also known as the filling chamber, is where you place the ground flower.

### What temperature should the heating chamber be set to?

Cannabinoids and terpenes can have different therapeutic effects based on the temperature. This means the therapeutic effect may be temperature dependant. When vaporising at a lower temperature the taste and smell is usually stronger. At higher temperatures there may be stronger therapeutic effects, however the smell and taste may be reduced. Common practice is to use the default factory temperature setting and increase or decrease until the patient finds the best therapeutic effect for their condition and comfort levels.

### Vaporising vs Smoking: What is the difference?

When smoking, substantially larger quantities of cannabinoids are burnt off in the process and not absorbed. Vaporising allows patients to experience the full cannabinoid and terpene profiles of the flower. Vaporisation requires less dried flower to reach desired therapeutic effects and is more cost effective than smoking as less is wasted (burned). Vaporising is also generally considered to be better for health than smoking as no carbon biproducts are produced. As per the TGA guidance, smoking is not recommended.



Phone: 1300 703 999  
Email: [info@lgpharma.com.au](mailto:info@lgpharma.com.au)  
Website: [littlegreenpharma.com](http://littlegreenpharma.com)