

Poison Prevention Press

November/December 2023

Volume 16, Issue 6

MPC Poison Safety

Info on the Go

Get important poison safety tips and other information wherever you are.

Website:

mdpoison.com

- [News and current trends](#)
- [First aid for poisonings](#)
- [Educational materials](#)
- [Webinars](#)

Facebook:

[@MarylandPoisonCenter](#)

X (Formerly Twitter):

[@MDPoisonCtr](#)

Instagram:

[@MDPoisonCenter](#)

YouTube:

[@marylandpoisoncenter](#)

e-Antidote blog:

blog.mdpoison.com

Save Poison Help,
1-800-222-1222, as a contact
in your mobile phone.

Did you know that...

- Cannabis use in young adults (ages 19-30) increased 13.2% from 2011-2021?
- Pediatric edible exposures increased 1375% from 2017 to 2021?

Follow the MPC on

[Facebook](#), [X](#), and
[Instagram](#)

Cannabis Edibles

Edibles are products that contain cannabis that can be consumed. They come in many forms that you can eat or drink and are quickly growing in popularity. Let's look at some important safety tips regarding edibles.

Read the Label

Serving Size

The serving size and amount in the package are often not the same. Before using a product, read the label to see what a serving size is. Many edible products contain more than one serving per package, and every edible is packaged differently. Eating more than one serving size means you are consuming a higher dose of cannabis.

Dose

Start low and go slow! Remember that edibles take longer to take effect on the body-- about 30 minutes to two hours. Make sure you give it enough time for the effect you want to have before taking another dose.

Homemade Products

Homemade products do not have the same packaging as products purchased at a dispensary, therefore they are much easier to be confused with regular food and drinks. It is very important to clearly label homemade cannabis products and keep them away from regular food and drink.

If you are having a party, make sure the cannabis products are clearly labeled as such so people don't accidentally consume cannabis.

Safe Storage

Store edibles up, away, out of sight, and in the original labeled packaging. Store them in a different area than regular food and drinks so they won't be consumed accidentally. We'd also recommend choosing products that have serving sizes packaged separately.

Children React Differently

Children react differently to cannabis than adults, and effects may be serious. If you suspect a child has gotten into cannabis in any form, call the poison center right away. Do not wait for symptoms to call. Symptoms of children exposed to cannabis include:

- Trouble walking or sitting up
- Sleepiness
- Trouble breathing

Calling the Maryland Poison Center

Eating too much of an edible can cause unwanted side effects. If you are experiencing these effects, call the Maryland Poison Center at 1-800-222-1222. Our poison specialists are not here to judge you; they are here to help you with the unexpected.

When calling the Poison Center regarding a cannabis product, have the package nearby to share the serving size and dose with the poison specialist when you call. This helps us determine how much of the product has been consumed, along with other information about the product. Gathering information about new products helps us collect data on the amount consumed and the effects that are experienced. This research strengthens our treatment guidelines that can prevent unnecessary hospital visits in future cases.

For more information about edibles, read our one-page information sheet. As always, the poison experts at the Maryland Poison Center are available 24/7/365. Calling is free and confidential.