



Marijuana Edibles

Health and Safety

Marijuana edibles are food items made with marijuana or infused with marijuana oils. Edibles come in many forms including:

- Cookies , brownies, cupcakes
- Soda, juices, coffees
- Candy, including fruit shaped gummies
- Hard candies, suckers, mints
- Chocolates
- Trail mix, potato chips, butter

The amount of tetrahydrocannabinol (THC) can vary in edible products. The effects of eating marijuana can be very different from smoking or using a vapor device. When eating or drinking marijuana products it takes longer for the body to absorb the product before you feel the effects. How your body reacts depends on your weight, metabolism and amount consumed.

The effects from edibles may take **one to four hours** to reach peak effect after ingesting. The delayed effects of edibles can result in accidentally consuming high levels of THC. Mints and suckers are absorbed in the mouth and are absorbed faster than cookies or other baked goods. Use caution when using marijuana products, as they are likely to impair your ability to drive. Many users are caught off guard by the stronger potency and long effects of edibles.

People often go to the emergency room because they consume too much of a marijuana edible or mistake one of these products for regular food. Because marijuana edibles are not regulated by the Food and Drug Administration, products may not be labeled correctly or accurately list the amount of ingredients in the product, and the strength of edibles can vary from batch to batch. Some products may contain more than one dose of THC per package and have directions to only consume part of the product, but other products may not have any dosing instructions at all.



If you have questions about **Marijuana Edibles** please don't wait for symptoms to appear!

Call 1-800-222-1222.

Specially trained pharmacists and nurses are available 24/7 to assist you with your emergency and answer your questions!

Material in this fact sheet has been adapted from Denver Public Health and Los Angeles County Department of Public Health.

Oklahoma Center for Poison and Drug Information website:

Oklahomapoison.org

July 2018

Marijuana edibles often look very similar to other foods and candy. It is extremely important to keep these products locked up in child-resistant containers and out of reach of children and pets. If someone eats or drinks too much of an edible marijuana product, call 911 immediately, or call the Oklahoma Center for Poison and Drug Information at 1-800-222-1222.

Symptoms of using too much marijuana may include:

- Severe nausea or vomiting
- Fast heart rate
- Extreme confusion or anxiety
- Panic and paranoia
- Hallucinations and delusions

Children may mistake "edible" marijuana (like gummy bears or cookies) for regular food. Small children are at higher risk for overdose based on their weight. Because edible products often have very high amounts of THC, the symptoms are more severe in a small child. Many children who consume marijuana edibles require hospital admission due to the severity of their symptoms. Store all products and medications up and away from children.