

## COMPLEX CHRONIC DISEASES PROGRAM

### Medication Handout

Date: May 15, 2018

### Medication: Nabilone (Cesamet) 0.25 or 0.5 mg

#### What is Nabilone:

Nabilone is a synthetic form of cannabis that is helpful for nausea and vomiting, increasing appetite, sleep, and pain. It is also used for pain and can assist with reducing the dose of opioid (narcotic) medications.

#### Expected Benefit:

- Benefit is usually felt immediately once the optimal dose is reached
- This medication can be used as needed or regularly

#### Watch for possible side effects:

This list of side effects is important for you to be aware of however, it is also important to remember that not all side effects happen to everyone.

If you have problems with these side effects talk with your doctor or pharmacist:

- Drowsiness
- Mental clouding (brain fog)
- Dizziness
- Dry mouth
- Weight gain

#### Stopping the medication:

- Please talk with your doctor before stopping the medication. Typically, there is no withdrawal effect

#### How to use this medication:

- Take this medication with or without food

#### Dosing Schedule:

- Start with 0.25 mg in the evening or at bedtime
  - If it makes you too drowsy in the evening, take it closer to bedtime
- Increase dose according to table
- You can stay at the same dose (stop increasing) if you get side effects
  - You might want to lower the dose one step
- You can also use this medication as needed, instead of regularly

AM	Evening/Bedtime	
	0.25 mg	For 1 week
	0.5 mg	For 1 week
	0.75 mg	For 1 week
	1.0 mg	For 1 week
	1.25 mg	For 1 week
	1.5 mg	For 1 week

	1.75 mg	For 1 week
	2 mg	Stay on this dose
Follow up with clinic before increasing the dose		

- If you are tolerating the evening/bedtime dose of nabilone, you may want to try a test dose during the day
  - If you tolerate the test dose without side effects, you can start using nabilone as needed for breakthrough pain during the day
  - You can use as much as 1mg three times a day for breakthrough
  - You can then use it regularly during the day if you find benefit without significant side effects

**Drugs and Foods to Avoid:**

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

- Avoid alcohol at the same time

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.