

Safer use of edible cannabis

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Cannabis is a plant that contains a chemical called tetrahydrocannabinol (THC). THC is what gives you a “high.” Cannabis can be smoked, vaped or consumed as edibles. Edibles are products made with cannabis that you can eat or drink. Edibles often resemble food products such as cookies, chocolate, gummy candy, and beverages.

Cannabis in Minnesota

In 2022, Minnesota legalized the recreational sale of certain edible cannabis products made from hemp to adults 21 years or older. Although hemp is not as strong as other cannabis plants, the THC from hemp can still give you a high. People may have access to other cannabis products from the unregulated market or other states that could have greater THC potency.

How to use cannabis edibles more safely

Cannabis affects people differently based on body type and history with use. Edibles affect the body differently than smoking or vaping. It is important to know the facts and health concerns before using cannabis. Things to consider:

- **Understand the health risks.** Know the potential health risks before using edible cannabis. See the quick facts to learn more about health risks.
- **Start with a small dose.** Understand how much THC is in the edible before eating it. Start with small amounts, (2.5 mg of THC or less). Edibles can take anywhere from 30 minutes to four hours to take effect. The “high” effect from an edible can last longer (up to 24 hours) than when smoked or vaped.

Quick Facts



Mental Health

Cannabis use has been linked to depression, anxiety, and schizophrenia. People who use cannabis can develop short or long-term psychosis.



Addiction

Some people who use cannabis may become addicted, meaning they cannot stop using cannabis.



Pregnancy

Using cannabis during pregnancy can affect a fetus’s development and increase risk of pregnancy complications.



Brain Health

Consuming cannabis has short- and long-term effects on your brain. This affects brain development particularly for youth.



Alcohol and Cannabis

Using alcohol with cannabis can increase the effects of THC. This can cause greater health risks.



Driving

Driving under the influence of cannabis is illegal. It increases the risk of an accident.

- **Wait at least two hours before taking more.** Waiting helps avoid over consumption and possible negative effects (e.g., anxiety, paranoia, hallucinations, and increased heartbeat)
- **Store your edibles safely.** Unintentional ingestion of cannabis is a risk for children and pets. Storing your edibles in an airtight, locked place reduces this risk.
- **Know the signs of THC overdose and poisoning.** Excessive sleepiness, nausea/vomiting and slurred speech are symptoms and signs of overdose.

If you suspect a THC overdose, contact Poison Control immediately.



1-800-222-1222
mnpoison.org

For questions or references

Contact publichealth@hennepin.us

Information in this factsheet does not address concerns for patients prescribed medical cannabis for specific health conditions and should not replace medical advice for anyone.