

Using Your Medication

Most patients are prescribed medical cannabis to be used on an 'as needed' basis. This means a doctor has given you the autonomy to decide when to administer your medication up to a specified daily limit. This is indicated on a prescription with the acronym PRN (pro re nata: Latin for 'when required'). Pharmacy labels will also typically say 'take when required' or similar.

You should feel empowered to use your medication as you see fit, but we always recommend being respectful of the location you're in & considerate to others who may be around you.

What About The Smell?

One of the biggest stigmas surrounding cannabis is the distinct & instantly recognisable aroma. The unique scent of cannabis is thought to be made up of a mixture of aromatic compounds, including flavonoids, terpenes & volatile sulphur molecules. Each strain or cultivar has a unique chemical makeup which contributes to a varied scent profile.

You may worry that the smell of your medication will draw attention; however when used as directed in a dry herb vaporiser the smell is far more subtle & often unnoticeable in comparison to smoking. Vaporising doesn't burn the cannabis, which means the vapour is far lighter and doesn't linger in the air in the same way as smoke. When vaping in a well-ventilated or outdoor space, you are unlikely to encounter any lasting aromas from your medication.

What To Do If You're Not Satisfied With Your Medication

If you find that you are not getting the desired results from your medication, discuss this with your prescribing clinician as soon as you're able. They will work with you to find a more suitable product for you.

If you encounter any adverse effects from your medication, or encounter foreign matter such as mould, please report this to your clinic & the dispensing pharmacy for investigation. You should also submit a Yellow Card report to the MHRA: yellowcard.mhra.gov.uk.

Get Involved With The MCPA

If you'd like to be part of our ever-growing patient organisation, head to www.mcpa.uk.

On our website you will find links to our Discord server, social media profiles and Zoom meetings. You will also discover up-to-date information about our current work.

You can reach out to us via email using normaliseit@mcpa.uk – we'd love to hear from you.

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Medical Cannabis Patients Association



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Read Online



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Is Medical Cannabis Legal In The UK?

Medical cannabis (also known as Cannabis-Based Products for Medicinal Use, or CBPM) has been legal in the UK since November 2018, when prescribed by a specialist doctor. As of November 2023, more than 32,000 patients are known to hold valid prescriptions. Unfortunately, cannabis is not yet widely available through the NHS, but we hope to see this change soon.

Who Are The MCPA?

The MCPA is a unique & ever-growing Charitable Incorporated Company created & run by patients, for patients, with an overarching aim of ensuring that medical cannabis users have a strong representative voice within the industry.

We are proudly female-founded & place heavy importance on maintaining a diverse staff of committed volunteers, allowing space for all points of view to be heard and understood. We run a very active Discord server where patients socialise & get together to seek peer support from like-minded people & share personal reviews of their cannabis-based prescription medicines & vaporiser devices. In addition, we host twice-weekly Vape and Chill social sessions over Zoom, a weekly meeting to discuss cannabis news and events, and a monthly Industry Rep Q&A panel which connects patients and cannabis industry members in an open discussion - offering patients the opportunity to share their views with medical cannabis change-makers and encouraging transparency within the industry.

What Kind Of Cannabis Can Be Prescribed?

It is possible to receive both THC and CBD-based medication - depending on your needs you may be offered a choice of sublingual oils, vape cartridges, gummies, or dried flower (other forms of administration are in development). Most patients are prescribed flower, which is to be consumed in a dry herb vaporiser only - smoking it is still illegal and invalidates your prescription.

How Can I Access Medical Cannabis?






There are an ever-growing number of private cannabis clinics that are licenced to prescribe CBPMs for a range of conditions affecting both physical and mental health; an up-to-date list of clinics can be found on our website - MCPA.UK. Although the NHS reports that the list of conditions eligible for treatment with medicinal cannabis is very limited, any doctor on the specialist register is allowed to prescribe CBPMs for any chronic health condition (including mental health conditions such as anxiety and depression) if it is thought to be in the best interests of the patient. Since medical cannabis is not a first-line treatment, all patients must have already tried at least two other approved treatments or medications for their condition without reasonable success.

Choosing A Clinic & Attending Your First Appointment

Most clinics offer face-to-face or telehealth consultations, so you're not limited by geography when choosing a clinic. Once you've found a suitable provider you'll need a copy of your Summary of Care from your GP. Some clinics will provide forms to complete, allowing you to supply further details about your needs & any previous cannabis use. We recommend being open & honest: your clinician isn't trying to catch you out & will not judge you if you have previously used cannabis from illicit sources. The more information they have the better care you will receive & any medication prescribed will be more suited to your individual needs & tolerance levels. Regardless of any partner relationship your clinic has with a pharmacy, it is your legal right to have your prescription sent to any CBPM licensed pharmacy.

Staying Within The Law

To comply with the current laws surrounding prescribed medical cannabis, patients must:

-  Consume prescribed cannabis flower in a dry herb vaporiser
-  Carry medication in its original packaging with the pharmacy label intact
-  Carry a copy of a current prescription with their medication
-  Not operate a vehicle if they feel their driving may be impaired, or if they feel dizzy/drowsy
-  Not share their prescription medication, even with another legal cannabis patient