

Welcome to Alternaleaf

The start of your medical cannabis journey



To help you begin your **medical cannabis** journey, we've created this guide. It contains lots of important information that hopefully covers everything you need as an Alternaleaf patient.

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY, YOU SHOULD CONTACT NHS SERVICE IMMEDIATELY.

You should not disregard or delay to seek medical advice based on anything that appears or does not appear on the website. If you believe you have an emergency, call **NHS 111 SERVICE**, or 999 immediately. Alternatively, you can visit your local urgent care or accident and emergency department.

You should seek emergency help or follow up care when recommended by a Provider or when otherwise needed. You should continue to consult with your primary provider and other healthcare professionals as recommended.

Always seek the advice of a physician or other qualified healthcare provider concerning questions you have regarding a medical condition and before stopping, starting, or modifying any treatment or modification.

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Legality



Since 1st November 2018, **medical cannabis has been legally available on prescription** through licensed clinics like Alternaleaf for 50+ conditions.

Where possible, **keep a copy of your prescription** with you and have your medication in its **original packaging**. We can provide you with a letter confirming you're a patient with Alternaleaf upon request.

Driving with a medical cannabis prescription



- Alternaleaf Clinic follows the UK guidance, in line with DVLA guidance and the Faculty of Pain Medicine: **Patients should not drive if they feel impaired.**
- If you're taking medication as prescribed, and your driving is not impaired, you may use a '**medical defence**'. If the police are satisfied that you're taking the relevant medicine on the advice of a healthcare professional, and your driving is not impaired, you should not be prosecuted.
- You should **monitor how you respond to your medication**. Think about how medical cannabis may interact with other medications,

especially those likely to impair driving.

- If you're stopped and tested by the police, you may be above the **legal limit**. This depends on the dose you've been prescribed or type of medicine.

👉 Please [click here](#) for more information regarding driving with your prescription.

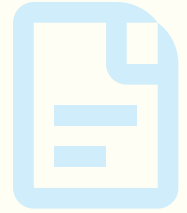
Travelling with your medication



- If you want to travel abroad with your medication, you'll need to **request a travel letter**.
- Different countries have different laws on medical cannabis. Please **contact the embassy** of the country you're travelling to before your trip. This includes any stop-overs. They'll be able to provide more information on whether medical cannabis is allowed.
- Some countries may require **additional forms** or documents to be sent.
- When travelling make sure to have all required documents with you. Also bring your **medication in its original packaging**, with the label visible.

👉 Please [click here](#) for contact details of foreign embassies in the UK.

Employment Laws



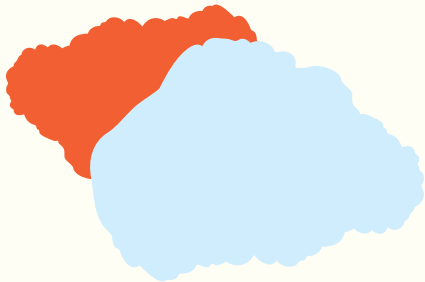
Employment laws generally protect employees who require prescription medications for medical conditions under the **Equality Act 2010 (UK)**. Employers must make reasonable adjustments to accommodate an employee's medical needs, which could include flexibility around treatment schedules or understanding the potential side effects of medications.

However, it's equally important to **review your employment contract or company policies**. These may include specific clauses related to disclosing medical information or restrictions that could be influenced by certain medications (e.g., if operating heavy machinery). Transparency with your employer, within the bounds of your rights, can help ensure a supportive and compliant working relationship.

If in doubt, **seek advice from HR or a legal professional** to understand your rights and responsibilities fully.

Why is medical cannabis prescribed 'off-licence'?

Off-licence use of medical cannabis means prescribing a cannabis-based medicine for a condition or in a way that is not officially listed in its licence or approved guidelines. **This is legal and common** in medicine, but it means the doctor is using their clinical judgement to prescribe the medicine based on evidence and patient need, rather than official NHS guidance. For medical cannabis, this often happens because most cannabis-based medicines don't yet have full licences for many conditions, so they are prescribed off-licence by specialists in private clinics.



Pharmacy: How to order your medication

- Once Montu pharmacy has received your first prescription, you'll be **contacted within 24-72 hours** to register an account.
- You can then **purchase your prescription** through the online portal.
- Simply login and head to the **My Medications** page.
- Orders made **before** 3:30pm will be dispatched on the **same day for next day** delivery. If you order **after** 3:30pm on Friday, or at any time over the weekend, your parcel will be shipped on Monday. This means it'll be with you on Tuesday by 1pm.

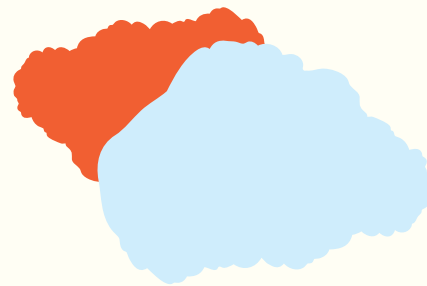


Your medication

Your prescriptions are written to last **28 days**. This is due to legislation for controlled drugs that we have to follow.



Forms of Medical Cannabis



1. Flower

- It's illegal in the UK to smoke medical cannabis. Instead, flower is consumed using a **dry herb vaporiser**, which you'll need to purchase if you don't already have one. Effects are felt almost immediately, making it good for acute pain.
- **Vaporisers work by heating the flower.** This releases its active compounds as vapour, which is then inhaled.
- You start with a **herb grinder** to break down the flower. The ground flower is put in the bowl of the **vaporiser**. Then turn it on at your desired temperature.
- Your **daily dosage** will be on your **prescription**.
- You can **purchase dry herb vaporisers on the Montu online store** alongside your medication. Please [click here](#) to see a list of budget, mid-range and high-end vaporisers that we stock.

2. Vape cartridges

- Vape cartridges are consumed using a **battery or pen**, which you'll need to purchase if you don't already have one. You start by screwing the cartridge into the pen. Slowly inhale the vapour into your lungs. Hold before breathing out.

- Your **daily dosage** will be on your **prescription**.
- You can **purchase a battery or pen on the Montu online store** alongside your medication.

👉 [Click here](#) for more information on how to use your vape cartridge.

3. Oils

- Oils can either be **dropped under your tongue** or **ingested with food**. You can do this using the pipette or a 1ml syringe that will be packaged and sent with your oil.
- Effects are usually felt in **15 to 30 minutes**, and relief tends to last longer than flower, **making oils ideal for chronic pain**.
- Your **daily dosage** will be on your **prescription**.
- **Do not** put the oils in any type of vape device. This is extremely dangerous and can cause harm.

4. Cannabis Edibles & Capsules

- You consume cannabis-infused 'edibles', like **pastilles**, or soft gel capsules, similar to how you'd eat a sweet.
- This results in **slower onset of effects**, which can take between 1 to 2 hours. This method is ideal for **longer-lasting relief**.
- Your **daily dosage** will be on your **prescription**.

Side effects

Most common side effects are **short-term**, and should wear off within a few hours. These include:

- Coughing
- Bloodshot or irritated eyes
- Increased appetite
- Dry mouth or thirst
- Dizziness or loss of balance
- Nausea
- Feeling tired
- Blurred vision



—→ Please let us know if you experience any side effects, and to find out more, head to the FAQ page on our website.

Storage

Here are some general storage rules for all medical cannabis products:

- Follow the **instructions** on the packaging.
- **Keep out of reach of children.**
- Keep **below 25°C** in the original container.



- Keeping medication in the **original container** ensures legality.
 - **Avoid** moisture, direct sunlight, and extreme heat or cold.
 - **Do not refrigerate.**
 - **Close the packaging** and container tightly after use to protect the product.
 - **Do not** store your medication in a bathroom, or near a sink.
 - **Do not** store it on a windowsill, or keep it in your car.
 - To find out more about **storing your medication**, head to the FAQ page on our website.
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“I want to change my medication or increase my allowance.”

Prescriptions that have been written and sent to the pharmacy **cannot be changed.** Unless something is out of stock.

Between appointments, **you can ask for changes in strains & strengths.** But only if it's a similar THC/CBD levels to what you've previously been prescribed.

You'll need to give us a call to book an additional appointment if you want:

- A dramatic change in strength
- To increase your monthly allowance

What happens next



- Around 3 weeks after receiving your first prescription, you'll have a **follow up** appointment. One of our independent prescribers will issue your next prescription and set your **monthly medication allowance**.
- You'll have **review appointments every six months** going forward. During these appointments, one of our specialist clinicians will issue your next prescription.
- In between your 6 month review appointments, you'll be able to order medication as a **repeat prescription** (one per month).
- You'll be notified when it's time to both book an appointment and order a repeat prescription via email and by checking the Alternaleaf patient portal.



Alternaleaf Patient Portal

You can book appointments and order repeat prescriptions on the [Alternaleaf patient portal](#). You should've already created an account for this, and you can login here.

Get in touch

Have a question? You can get in touch with us by calling 01283 244 025 or completing the form you'll find at the bottom of our [website](#).