



Frequent vomiting from use of cannabis (pot/marijuana)

CHS - Cannabinoid Hyperemesis Syndrome



If you are vomiting more than 5 times per day, for a day or longer, immediately contact your health care provider or go to the nearest emergency department.



If you continue to experience CHS symptoms and are not improving as expected, talk with your health care provider.

What is CHS?

People with cannabinoid hyperemesis syndrome (CHS) experience persistent nausea and stomach pain that can lead to frequent and repetitive vomiting and weight loss. Frequent use of cannabis (at least once a week for more than a year) can increase the risk.

Treatment

- People with CHS may take a hot shower or bath to help temporarily relieve their symptoms. Caution should be taken as these can cause dehydration or scald/burn the skin.
- Capsaicin cream (brand name Zostrix) may be prescribed to help reduce the symptoms of CHS. The cream is to be applied to your stomach, back, or arms.
- Other medications may be prescribed to relieve nausea and vomiting.
- If you go to the emergency department, let your health care provider know if you are using cannabis to manage a medical condition. Your health care provider may do some blood tests. You may be given fluids intravenously to keep you hydrated and help you feel better.

Prevention

Choosing not to use cannabis is the only way to completely avoid CHS. If CHS does occur, the symptoms will usually resolve within 2 weeks after you stop using cannabis. **However, if you've had CHS once, even a small amount of cannabis can cause the symptoms to come back.** If this happens, talk to your health care provider about treatment options or programs for stopping cannabis use.

Reduce your risk of CHS by following "[Cannabis & Your Health: 10 WAYS to Reduce Risks When Using](https://bit.ly/lrcugphac)". <https://bit.ly/lrcugphac>

For more information visit: www.ccsa.ca/cannabis

To access a PDF of this handout visit: safemedicationuse.ca/tools_resources/tips.html



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