

OTHER ACTIVITIES YOU SHOULD BE MINDFUL OF

The effects of cannabis on the mind and body may impair your ability to safely perform important tasks like:

- Operating heavy machinery at work
- Caregiving for a child or loved one
- Playing sports
- Making important decisions, or
- Performing any activity that requires your full attention

USEFUL TIPS

Keep on your phone:

- Contact details of your Doctor/Pharmacist
- A photo of your current prescription

KEEPING SAFE

- Use public transport
- Use a designated driver
- Call someone for a ride
- Cab or ride share
- Stay over

CAR INSURANCE

You may need to inform your motor insurance company about your current state of health and what medication you are taking. Each insurance company is different. Check your insurance policy or discuss your circumstances with your insurance company to be sure that you are covered.

Your medical specialist or your GP can help you decide when it is safe to drive. If you have questions about the information in this leaflet please don't hesitate to ask your doctor or pharmacist.

NEW ZEALAND TRANSPORT AGENCY (NZTA)

You do not need to inform NZTA that you are starting on medicinal cannabis. However, there may be other information about your illness that the NZTA needs to know. If you are concerned, the NZTA can advise you about this.

HOW TO CONTACT THE NZTA

Telephone number for licensing enquiries:
0800 822 422

Have your driving licence number available
Website: www.nzta.govt.nz

FURTHER INFORMATION

1. Land Transport Act 1998. Available at: <https://www.legislation.govt.nz/act/public/1998/0110/latest/whole.html>. Accessed April 12, 2022.
2. Waka Kotahi NZ Transport Agency. Driving Skills syllabus. 2022. Available at: <https://www.nzta.govt.nz/roadcode/gener-al-road-code/licence-and-study-guide/driving-skills-syllabus/>. Accessed April 12, 2022.
3. Waka Kotahi NZ Transport Agency. Epilepsy/seizures and driving. 2022. Available at: <https://www.nzta.govt.nz/driver-licences/get-ting-a-licence/medical-requirements/epilepsyseizures-and-driv-ing/>. Accessed April 12, 2022.
4. NSW Ministry of Health. Prescribed Cannabis Medicines and fitness to drive. August 2019. https://www.medicinalcannabis.nsw.gov.au/_data/assets/pdf_file/0024/2868/Cannabis-and-Driving-Fact-Sheet-Patients-FINAL.pdf. Accessed April 12, 2022.
5. Health Canada. Information for healthcare professionals. Cannabis (marihuana, marijuana) and the cannabinoids. 2018. Available at: <https://www.canada.ca/content/dam/hc-sc/documents/services/drugs-medication/cannabis/information-medical-practitioners/in-formation-health-care-professionals-cannabis-cannabinoids-eng.pdf>. Accessed March 8, 2022.
6. Arkell TR, Vinckenbosch F, Kevin RC, Theunissen EL, McGregor I, Ramaekers JC. Effect of Cannabidiol and Δ^9 -Tetrahydrocannabinol on Driving Performance: A Randomized Clinical Trial. *JAMA*. 2020;324(21):2177-2186.
7. Arkell T, McCartney D, McGregor I. Medical Cannabis and Driving. *Australian Journal of General Practice*. June 2021;50(6):357-362.
8. Pain Otago. Driving and strong medications for pain control. Healthpoint. 2019. <https://www.healthpoint.co.nz/download/976179.do>.
9. College of Family Physicians of Canada. Guidance in Authorizing cannabis products within primary practice care. March 2021. Available at: <https://www.cfpc.ca/CFPC/media/PDF/CFPC-Guid-ance-in-Cannabis-Within-Primary-Care.pdf>. Accessed April 12, 2022.

NUBU Pharmaceuticals
Auckland, New Zealand
0800 463 3226
info@nubupharma.com
May 2022
NUBU035v5

Information on this leaflet should not be construed as expressing conclusions or opinions from NUBU Pharmaceuticals about the appropriate use of cannabis or cannabinoids for medical purposes. Whilst we endeavour to keep the information up to date and correct, NUBU Pharmaceuticals makes no representation or warranties of any kind, express or implied about the completeness, accuracy, reliability, suitability, or availability with respect to this information. Any reliance you place on such material is therefore strictly at your own.



MEDICINAL CANNABIS & DRIVING



You can lawfully drive while taking medicinal cannabis as long as you are not impaired. If you drive you should be concerned about safety. Please read this leaflet carefully, it will help you decide.

DRIVING CONSIDERATIONS

Driving requires effective and reliable control of a vehicle at all times.

Many skills are required to drive safely. They include, but are not limited to:

- Good vision in the front and out of the corners of the eyes
- Quick and strong reactions
- Good coordination between eyes, hands and legs
- The ability to make decisions quickly
- The ability to make judgements about what is happening on the road

Some conditions, such as an epileptic seizure can automatically disqualify a driver. For many patients, it is a matter of judging when you are safe.

HOW MEDICINAL CANNABIS AFFECTS PEOPLE

Cannabis can affect your ability to function at your best.

There is a misconception that cannabis makes you a better driver. The truth is, the physical and mental effects of cannabis make driving dangerous.

Things could change in an instant that could cause harm to yourself or others if you cannot react quickly.

Drinking alcohol with cannabis increases impairment and the risk of collision.

Depending on how you react to different routes of administration and strength of your medication, the effects could be immediate or delayed and last for a shorter or longer time.

MEDICINAL CANNABIS COMPONENTS

THC (tetrahydrocannabinol)

THC is the intoxicating ingredient and may impair the ability to drive or perform important tasks safely because it:

- Slows reaction time and reduces co-ordination
- Distorts perception of space
- Makes it hard to focus and track multiple moving objects at once, and;
- Affects judgement and decision-making

CBD (cannabidiol)

CBD is a non-intoxicating ingredient and can cause drowsiness, fatigue and lowered blood pressure; symptoms which are observed more often when taken with other interacting medications and at high doses.

DRIVING IF YOU TAKE MEDICINAL CANNABIS

General health, past exposure to medications, and medication taken for other conditions can cause different responses to medication. It may take you some time to adjust to side effects affecting your ability to drive.

If you are driving when on medication you should:

1. Starting/titrating medicinal cannabis doses

- Do not drive when you first start and when you increase the dose.
- Arrange alternative means for transportation

2. Restarting driving

- Avoid driving if you experience drowsiness, dizziness, feel unsteady, have blurred vision, or when your doctor advises you not to

- When you are confident that your medication is not causing side effects, a close friend or family member may help you decide if you are ready to drive. Judge your ability to drive on how well you are managing to cope at home.
- Make your first trip:
 - Short
 - On roads you are familiar with
 - At a time when traffic is not too busy
- You may find it helpful to have an experienced driver accompany you to begin with in case you find that you are unable to complete your journey.
- Reassess your ability to drive if you are prescribed medication for another health condition, or obtain them from the chemist e.g. hay fever medicine
- Make sure your reactions have not been slowed
- Avoid alcohol. It alters your tolerance to prescribed medication and lowers your ability to drive safely.

3. Stable treatment

After starting and titration period is finished and you have restarted driving safely, If you take THC containing medications, do not drive at least:

- 6 hours after inhalation (vaporisation)
- 8 hours after oral intake (tea, oil)
- Your ability to drive safely on days when you take extra (rescue) doses of cannabis medication will be impaired, e.g. THC for breakthrough pain. Generally this would NOT be a safe situation for driving

You have a responsibility to remain safe when driving. It is important for you to regularly reassess your ability to drive. If poor coordination, or concentration affects your ability to do household and other tasks, you must not drive.