

Cannabis Cessation to Address Cannabis Hyperemesis Syndrome

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What is Cannabis Hyperemesis Syndrome (CHS)?

CHS is a condition that involves repeated and severe bouts of nausea and vomiting in individuals with daily, long-term cannabis use. CHS was recently discovered, so health workers are still trying to learn more about it through research.



What is Cannabis?

Cannabis is a psychoactive drug made from the Cannabis plant. Other names for Cannabis include marijuana, weed, and pot.

How does Cannabis affect the body?

In the brain, Cannabis prevents nausea and vomiting. It also makes some people feel happy and relaxed. However, in the gut, cannabis irritates the digestive system, especially in individuals with frequent and long-term use.



Why does CHS happen to some people and not others? Experts are still trying to learn why CHS affects some users and not others.

What is the immediate treatment for CHS vomiting and nausea?

- **Heat:** Frequent hot showers or baths relieve vomiting and nausea.
- **Rehydration:** Drinking water and replacing electrolytes with drinks like Gatorade.
- **Medication:** pain medication, Anti-vomiting medication, Medication to treat stomach inflammation (called proton pump inhibitors)

How do I break the cycle of CHS?

The only proven way to stop CHS vomiting and nausea is to stop using Cannabis.



How do I stop using cannabis?

Like other addictive substances, it is hard to stop using cannabis. TALK WITH YOUR MEDICAL CARE TEAM — they are happy to support you!

Research shows that the most effective way to stop using cannabis is speak with a medical provider about combining cognitive behavioural therapy and motivational interviewing.

- **Cognitive behavioral therapy:** a talk therapy that challenges unhelpful thought patterns and behaviors to improve emotional regulation and coping strategies
- **Motivational interviewing:** a counseling approach of challenging ambivalence in individuals seeking behavioural changes

What are the benefits of stopping cannabis use?

- Save money
- Feel better! No nausea and vomiting
- Better appetite
- Healthy lungs from stopping inhaling chemicals
- More energy



Additional resources

- Information about CHS: <https://www.cedars-sinai.org/health-library/diseases-and-conditions/c/cannabinoid-hyperemesis-syndrome.html>
- Ready to quit? Check out this link: <https://americanaddictioncenters.org/marijuana-rehab/quit-marijuana>