

The following guidelines are formulated from collective client data. We recommend monitoring and responding to your individual symptom relief. "Pediatric" refers to those who are 100 pounds or lighter. These guidelines are not intended to diagnose, treat, cure or prevent any disease. All information presented here is not meant as a substitute for or alternative to information from health care practitioners.

## PEDIATRIC INTAKE: CBD- FOR ORAL CBD SOLUTIONS

For Pediatric intake of CBD, the RoC recommends weight-based dosing, in which the dose is determined by how much the client weighs. The dose is measured in milligrams of CBD, per pound of body weight, per day. This can be written as mg/lb/day.

### SUGGESTED DOSING

- o Pediatrics who are "medically-sensitive": Begin at 0.25mg/lb/day in 2-3 divided administrations
- o Pediatrics who are not "medically-sensitive": Begin at 0.5mg/lb/day in 2-3 divided administrations
- o Monitor symptoms; every 3-4 weeks, if needing further symptom control: Increase the total daily dose by pediatric's original starting dose of either 0.25mg/lb/day or 0.5mg/lb/day
- o Slightly decrease amount by original starting dose with any worsening of symptoms
- o Upon improvements, the client should stay on their current dose to maximize improvements of that dosing level. Sometimes the endocannabinoid system can become saturated with prolonged use, therefore it is possible that you can slightly decrease dosing at that time.
- o Access Pediatric CBD Dosing Calculator at [www.theroc.us](http://www.theroc.us), login to Client Portal Account

### FORMULA

**{weight} x {mg/lb} = {total daily dose} then, {total daily dose} ÷ {# of administrations} = {individual dose}**

Example: 50lbs, medically-sensitive (starting dose of 0.25mg/lb), dosing 2x daily:

$$50 \times 0.25 = 12.5\text{mg} \quad 12.5 \div 2 = 6.25\text{mg}$$

$$\{weight\} \times \{mg/lb\} = \{total\ daily\ dose\} \div \{#\ of\ administrations\} = \{individual\ dose\}$$

Example: 75lbs, not medically-sensitive, (starting dose of 0.5mg/lb), dosing 3x daily:

$$75 \times 0.50 = 37.5\text{mg} \quad 37.5 \div 3 = 12.5\text{mg}$$

$$\{weight\} \times \{mg/lb\} = \{total\ daily\ dose\} \div \{#\ of\ administrations\} = \{individual\ dose\}$$

### REVERSE FORMULA

**{individual dose} x {# of administrations} = {total daily dose} then, {total daily dose} ÷ {weight} = {mg/lb/day}**

Example: 45lbs and is taking 25mg 3x daily

$$25\text{mg} \times 3 = 75\text{mg} \quad 75\text{mg} \div 45 = 1.67\text{ mg/lb/day}$$

$$\{individual\ dose\} \times \{#\ of\ administrations\} = \{total\ daily\ dose\} \div \{weight\} = \{mg/lb/day\}$$

### CANCER DIAGNOSIS

These guidelines are for all diagnoses except for cancer. If you have a cancer diagnosis, please review our cancer dosing guidelines document and call our Care Team for further information at (719) 347-5400 option #1.

### "MEDICALLY SENSITIVE"

Determine if the pediatric is "medically sensitive", defined by one or more of the following:

- (1) sensitive to medical interventions, (2) is on pharmaceuticals, (3) has LGS, (4) has only absence seizures, or (5) has only myoclonic seizures

If the client is on an AED, anti-epileptic drug, locate the AED Potential Interaction Chart ([www.theroc.us](http://www.theroc.us), login to Client Portal) for indications of potential AED interactions

Be sure to dose CBD at least two hours apart from pharmaceutical medications

### WATCH YOUR DECIMALS

If you doubt your math at all, have someone double check your work

### REVERSE FORMULA

You can reverse the original formula to determine how many mg/lb/day the pediatric is taking. It is helpful to know the mg/lb/day, especially when talking with a healthcare provider or a RoC representative.

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## PEDIATRIC INTAKE: THC

THC, or tetrahydrocannabinol, is psychoactive and binds to receptors in the brain. It can act as an anti-convulsant, anti-spasmodic, sleep aid, and behavioral aid. Watch for adverse effects when starting THC.

For seizure disorders: THC is a pro-convulsant for about 10% of individuals who have a seizure disorder.

### SUGGESTED DOSING

- First intake should be less than a drop on the gums
- If no adverse effects occur, you can start at 2.5mg/day divided into 2-3 administrations:

Total Daily Dose	If given 2x daily	If given 3x daily
2.5mg total daily	1.25mg 2x daily	.83mg 3x daily

- Monitor symptoms for 3-4 weeks; if the pediatric needs further symptom relief, increase the *total daily dose* by 2.5mg until desired symptom relief

New Total Daily Dose	If given 2x daily	If given 3x daily
5mg total daily	2.5mg 2x daily	1.25mg 3x daily

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## PEDIATRIC INTAKE: THC-A

THC-A, or tetrahydrocannabinol-acid, is chemically similar to THC but is nonpsychoactive. Reported benefits include anti-emetic, anti-inflammatory, antiproliferative, anti-spasmodic, and neuroprotective. Although it is nonpsychoactive, it is a fragile chemical and if it is left in heat, light, or air for too long, it can convert into THC and may cause a high.

### SUGGESTED DOSING

- Take 5mg daily, divided into 2-3 administrations:

Total Daily Dose	If given 2x daily	If given 3x daily
5mg total daily	2.5mg 2x daily	1.67mg 3x daily

- Monitor symptoms for 3-4 weeks; if the pediatric needs further symptom relief, increase the *total daily dose* by 5mg
- If the client reaches a *total daily dose* of 20mg, stay at 20mg daily for a few months, this is the typically the high end of the therapeutic range
- THC-A intake may increase if doing so provides the client further symptom relief. Some parents have administered more than 20mg with success, but it is uncommon.