

# MEDICAL MARIJUANA FOR CROHN'S DISEASE? WHAT YOU SHOULD KNOW.

EDUCATIONAL SERIES:  
HEALTH CONDITIONS

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## FLORIDA LAW FORMALLY RECOGNIZES CROHN'S DISEASE AS A QUALIFYING CONDITION FOR MEDICAL MARIJUANA.

### WHAT IS CROHN'S DISEASE?

Crohn's disease is a type of inflammatory bowel disease and is considered a chronic condition. People with Crohn's disease may experience symptoms such as stomach pain, diarrhea, bloating, fatigue, and sometimes weight loss.

### CAN MEDICAL MARIJUANA HELP CROHN'S DISEASE?

Few studies have examined the effect of medical marijuana as treatment for symptoms of Crohn's disease and the results of these studies so far have been mixed.

Studies to date suggest that medical marijuana might help with certain Crohn's disease symptoms, including: bloating, improved appetite, and pain relief.

Studies to date also caution that medical marijuana use may be associated with risks such as confusion, dizziness, and feeling sick (e.g., nausea).

### WHAT SHOULD I ASK MY HEALTHCARE PROVIDER?

1. Discuss if you have any history of substance use disorder or a mental health condition such as schizophrenia.

Patients with these conditions are often excluded from clinical trials that examine the effectiveness and safety of medical marijuana, due to concerns about an increased risk of adverse events.

2. Discuss if you are taking any prescription medications to treat other conditions, such as pain, depression, cancer, or for an autoimmune disorder.

Certain compounds found in medical marijuana (e.g., cannabidiol) can interact with medications for those conditions and may require further dosing adjustments that should be guided by a physician.

3. Report and discuss any concerning effects of medical marijuana with your physician.

There are many possible interactions between medical marijuana, diseases, medications, and other substances. Therefore, regular communication with your healthcare provider can assist in identifying risks.



1. The 2020 Florida Statutes, Title XXIX, Chapter 381, section 381.986: Medical use of marijuana.  
2. Jugl S et al. A Mapping Literature Review of Medical Cannabis Clinical Outcomes and Quality of Evidence in Approved Conditions in the USA from 2016 to 2019. *Med Cannabis Cannabinoids* 2021.  
3. National Academy of Sciences, Engineering, and Medicine. 2017. The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. Washington, DC: The National Academies Press.

4. Tahir S Kafil, Tran M Nguyen, John K MacDonald, Nilesh Chande, Cannabis for the Treatment of Crohn's Disease and Ulcerative Colitis: Evidence From Cochrane Reviews. *Inflammatory Bowel Diseases*, Volume 26, Issue 4, April 2020, Pages 502-509. <https://doi.org/10.1093/ibd/izz223>  
5. Nafzali T, Bar-Lev Schleider L, Almog S, Meiri D, Konikoff FM. Oral CBD-rich Cannabis Induces Clinical but Not Endoscopic Response in Patients with Crohn's Disease, a Randomised Controlled Trial. *J Crohns Colitis*. 2021 Nov 8;15(11):1799-1806. doi: 10.1093/ecco/ijab069. PMID: 33836011  
6. Brown, J.D., Winterstein, A.C. Potential Adverse Drug Events and Drug-Drug Interactions with Medical and Consumer Cannabidiol (CBD) Use. *J. Clin. Med.* 2019, 8, 989. <https://doi.org/10.3390/jcm8070989>

For more information, please visit the Consortium for Medical Marijuana Clinical Outcomes Research at [mmjoutcomes.org](http://mmjoutcomes.org).

*Please note: this document is for informational purposes only, but is not medical or legal advice and should not be used to make healthcare decisions. Please consult your healthcare provider to find out what treatment options are available for you.*