

# **A guide to accessing Medicinal Cannabis for eligible patients in Jersey**

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Produced by



<https://cannabis.org.je>

# Introduction

This guide has been created to explain the process involved for people in Jersey who may be interested in accessing medicinal cannabis for their particular health concerns.

Should you have any suggestions or feedback about this guide, please email:

[hello@cannabis.org.je](mailto:hello@cannabis.org.je)

*The majority of the content contained in this Guide was compiled over the summer of 2020 with minor additions in 2022. For up to date resources, see: <https://thecannabispages.co.uk>*

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# Medicinal Cannabis in Jersey

## Prescription of Medicinal Cannabis

Following the successful adoption of [P.113/2018 Medicinal Cannabis: right to prescribe by medical professionals](#) by the States Assembly on the 6<sup>th</sup> November 2018, the [2018 Misuse of Drugs \(Miscellaneous Amendments\) \(No. 7\) \(Jersey\) Order](#) was issued and came into force on the 1<sup>st</sup> January 2019 enabling the prescription of cannabis-based products for medicinal use.

“Paragraph 5: A controlled drug (not falling within paragraph 4) that –

a) is –

- i. cannabinal,
- ii. a cannabinal derivative, other than dronabinol or a stereoisomer of dronabinol,
- iii. cannabis, or
- iv. cannabis resin; and

b) constitutes or is contained in a medicinal product, as defined by Article 2 of the Medicines (Jersey) Law 1995[3], that is manufactured –

- i. in compliance with the principles and guidelines of good manufacturing practice laid down by Commission Directive 2003/94/EC of 8 October 2003 laying down the principles and guidelines of good manufacturing practice in respect of medicinal products for human use and investigational medicinal products for human use (OJ L 262, 14.10.2003, p. 22) as amended[4] from time to time, and
- ii. by a manufacturer who holds a certificate of good manufacturing practice issued under Article 111(5) of Directive 2001/83/EC of the European Parliament and of the Council of 6 November 2001 on the Community code relating to medicinal products for human use (OJ L 311, 28.11.2001, p. 67) as amended[5] from time to time.”

Despite the change in the law to allow “all medical professionals with the right to prescribe... to prescribe” medicinal cannabis, no such prescriptions (other than for Sativex) have been issued by health care practitioners within the Island.

"In terms of guidance regarding prescription, at the moment, GPs have been asked not to prescribe the drugs. Our indemnity for the medical profession is set much higher than the UK... actually we would be highly at risk if anything untoward occurred and there was a negligence claim of some sort. There are lots of reasons at the moment why we would not necessarily be able to prescribe cannabis or cannabis-based products."

*GPs Told Not To Prescribe Cannabis*, Channel 103, March 2019.

<https://web.archive.org/web/20191029152754/https://www.channel103.com/news/jersey-news/gps-told-not-to-prescribe-cannabis/>

For those in receipt of medicinal cannabis, this medication is solely for the use of the person named on the prescription. It is illegal to smoke medicinal cannabis and also to share or sell prescribed medication.

## **Jersey Medicinal Cannabis Clinics**

The first private medicinal cannabis clinics opened in Jersey in October 2020.

1. **Carpathia Clinic**

<https://www.carpathiaclinic.com/>

Email: [contact@carpathiaclinic.com](mailto:contact@carpathiaclinic.com) / Tel: 01534 888121

2. **Medicann Cannabis Clinic**

<https://medicann.co.uk/>

Email: [info@medicann.co.uk](mailto:info@medicann.co.uk) / Tel: 01534 666420

3. **Susida Medical**

<https://susidamedical.com/>

Email: [hello@susidamedical.com](mailto:hello@susidamedical.com)

4. **The Medical Cannabis Clinics Jersey**

<https://themedicalcannabisclinics.com/landing/jersey/>

Email: [info@themedicalcannabisclinics.com](mailto:info@themedicalcannabisclinics.com) / Tel: 020 3954 3535

## **Jersey Consultation & Prescription Process**

The consultation process for obtaining a prescription for medicinal cannabis will likely be similar to that of the UK clinics, with the medication being prescribed locally in the usual way.

# UK Medicinal Cannabis Clinics

## Open General Licence

Prior to the coronavirus pandemic, eligible patients from Jersey were able to visit private UK cannabis clinics in person in order to receive a consultation and prescription for a 28 day supply\* of medicinal cannabis that could be brought back to the Island under the Open General Licence for the Import of Controlled Drugs.

<https://www.gov.je/government/planningperformance/pages/ministerialdecisions.aspx?showreport=yes&docid=028E2551-49EC-4C81-B98D-24DF2ACC114E>

\* As of the 27<sup>th</sup> July 2020, the Open General Licence has been updated to allow a 3 month supply of medication to be imported.

<https://www.gov.je/Government/PlanningPerformance/Pages/MinisterialDecisions.aspx?showreport=yes&docid=577197E9-9C01-49FF-90FF-57204D271DB0>

## Video Consultations & Postal Prescriptions

As a consequence of the pandemic, health authorities in the UK have made allowances for the provision of video consultations and postal prescriptions in order to comply with physical distancing guidelines.

<https://www.bbc.co.uk/news/uk-51730686>

<https://psnc.org.uk/our-news/update-on-covid-19-pandemic-medicines-delivery-service/>

Since these provisions came into effect in the spring of 2020, it has become possible for eligible patients in Jersey to apply to a private cannabis clinic in the UK to gain access to medicinal cannabis without the need to travel to in-person appointments – with dozens of Islanders now successfully accessing this medication.

## UK Cannabis Clinic Directory

There are several private medicinal cannabis clinics in the UK that offer video consultations to Jersey residents for a variety of health conditions:

1. **Cannabis Access Clinics**

<https://cannabisaccessclinics.co.uk/>

Email: [info@caclinics.co.uk](mailto:info@caclinics.co.uk) / Tel: 020 3322 4688

2. **Integro Medical Clinics**

<https://www.integroclinics.com/>

Email: [info@integroclinics.com](mailto:info@integroclinics.com) / Tel: 020 3440 5146

3. **MyAccess Clinics**

<https://myaccessclinics.co.uk/>

Email: [info@myaccessclinics.co.uk](mailto:info@myaccessclinics.co.uk) / Tel: 020 3983 4007

4. **Sapphire Medical Clinics**

<https://www.sapphireclinics.com/>

Email: [enquiries@sapphireclinics.com](mailto:enquiries@sapphireclinics.com) / Tel: 020 7459 4075

5. **The Medical Cannabis Clinics**

<https://themedicalcannabisclinics.com/>

Email: [info@themedicalcannabisclinics.com](mailto:info@themedicalcannabisclinics.com) / Tel: 020 3928 2813

Each clinic offers different specialisations and so it is advisable to research which clinic may best suit your particular health condition.

*An updated list of UK cannabis clinics can be found at:*

<https://thecannabispages.co.uk/cannabis-clinics-uk-directory/>

## UK Consultation & Prescription Process

The process for obtaining an initial prescription for medicinal cannabis is essentially the same for each of the UK clinics:

1. Complete the confidential contact form / eligibility assessment on the clinic's website.
2. The clinic will require access to your medical records and medication history prior to your consultation. They will either email you a form requesting permission to access your records or request that you contact your GP to arrange for these to be released to send on to the clinic.\* All the information you give is confidential and will help your consultant make a proper assessment of your needs.

\* Under the Data Protection (Jersey) Law 2018, you have the right to access your medical records held by your GP by way of a Subject Access Request.

*Please note that there may be an administration charge for providing your records. It may take up to two weeks for your medical records to be released depending on your surgery and the complexity of your records. Contact your GP if delays beyond 48 hours occur.*

3. Once the clinic has deemed you eligible for a consultation and they have received your medical records, they will contact you to arrange an appointment and to let you know which consultant you will be seeing.
4. Your consultation will take place by either video call or by telephone. The consultant will decide what s/he thinks is best for you based on your condition and your medical records. It is advisable to chat with them about your previous experience and what has worked best for you in the past, and to also discuss the range of different cannabis based medicinal products available that may suit your health concern.
5. Once you and your consultant have decided upon a medication plan, a letter will be sent to your GP detailing the medication that you have been prescribed.

The original hard copy of your prescription will be sent to a specialist UK pharmacy so that they can fulfil and dispense your medication. They will call you to confirm receipt of the prescription and you will be asked to pay for your medication (the pharmacist will generate a secure online invoice) following which they will advise you when it is going to be dispatched and subsequently the tracking information.

*Please note that depending on the availability of the medication you have been prescribed, it may take a couple of weeks for your order to be processed.*

6. In order for your medication to be dispatched, you will require a Jersey Import Licence. Ask your consultant or the pharmacy to email you a scanned copy of your prescription, which you can then email [cdl@health.gov.je](mailto:cdl@health.gov.je) to obtain your Import Licence.
7. When you have received your Import Licence by email, forward it to the pharmacy dispensing your medication as they will need it when they apply for your UK Export Licence. Both Licences, plus a copy of your prescription and invoice/receipt will be included in an envelope on the outside of your couriered package in order to satisfy Customs requirements.
8. Once your medication has been dispatched, email a copy of the Import Licence, courier tracking number, and a copy of the pharmacy invoice (which should include the courier's costs) to Jersey Customs at [rgc@gov.je](mailto:rgc@gov.je) – they will generate a GST invoice which you can pay online prior to your medication's arrival on the Island.
9. Following Customs clearance, your medication will be delivered to your home address or can be collected from the courier's office should you prefer.

The whole process can take 4-6 weeks to complete depending on the time it takes to release your medical records, to receive an appointment for the consultation and for the pharmacy to fulfil your prescription.

Follow-up consultations may be required on a monthly basis at first, reducing to a quarterly basis once the consultant is satisfied that the patient is comfortable with their prescription.

## **Cannabis Patient Registries**

**The Medical Cannabis Clinics** offers a *Patient Access Programme* to facilitate access to medicinal cannabis with standardised low cost prescriptions in return for the collection of anonymised patient data.

**Sapphire Medical Clinics** provides the *Sapphire Access Scheme* with reduced consultation fees for those patients who wish to volunteer their anonymised patient data to the UK Medical Cannabis Registry. This register is also open to patients from other clinics to contribute their experience with medicinal cannabis.

<https://www.ukmedicalcannabisregistry.com/>



## Project Twenty21

Enrolment in Project Twenty21 provides reductions in the cost of the initial consultation and also the medication to eligible patients.

“Project Twenty21 is a registry aiming to monitor the health outcomes of 20,000 patients using cannabis based medicinal products (CBMPs), creating the largest body of evidence in Europe for the safety and efficacy of CBMPs.”

“Project Twenty21 has partnered with licensed producers to subsidise the cost of a private medical cannabis prescription to £150 per product per month (capped based on guidance from [Medicinal Cannabis Clinicians Society](#)) The cost is £150 per medicine, per month up to the following maximums:

- up to 20mg THC/day alone – 600mg THC oil per month – £150
- up to 100mg CBD/day alone – 3000mg CBD oil per month – £150
- up to 1g of cannabis flower/day alone – 30g dried flower per month – £150

Varying ratios of CBD and THC are available

If a combination of these medicines is required, or higher doses than listed above, this would be charged in multiples of £150 for each, for example: – *30g of cannabis flower (£150) + 1800mg CBD oil (£150) = total cost £300 per month*”

<https://drugscience.org.uk/twenty21-is-now-live/>

**MyAccess Clinics** and **The Medical Cannabis Clinics** are participating in Project Twenty21 and both offer initial consultations of £99 for those who wish to be enrolled.

If you would like to participate in Project Twenty21, you need to mention your interest prior to your initial consultation.

<https://drugscience.org.uk/clinic-directory/>

## Treatment Grants

Should you require financial assistance to cover the costs of treatment, the *Sapphire Medical Foundation* provides grants for patients who meet their criteria.

<https://www.sapphirefoundation.co.uk/>

# Cannabis Medication

## Cannabinoids, Terpenes & Flavonoids

The cannabis plant contains a plethora of compounds that work together in synergy to produce the *entourage effect* that enhances the therapeutic properties of cannabis. These chemicals are predominantly found in the flowers of female plants.

There are approximately 150 different cannabinoids in cannabis, with THC (delta-9 tetrahydrocannabinol) and CBD (cannabidiol) being the primary compounds that research and anecdotal evidence suggests have the greatest medicinal benefits via their interaction with the body's *endocannabinoid system*.

THC is psychoactive and produces the euphoric effect associated with recreational cannabis consumption. There are also a number of other minor cannabinoids that have recognised health benefits, some of which also have psychoactive properties.

As well as the cannabinoids, there are several hundred terpenes and a number of flavonoids present in cannabis that are known to have medicinal properties. Terpenes are chemicals that are responsible for the aromas and flavours of cannabis with many having health benefits, while flavonoids are known antioxidants.

The presence and ratio of all these compounds varies widely between the thousands of different strains of cannabis – and in turn the cannabis products available on the market.

## Cannabis-Based Medicinal Products

CBMPs are available in the following forms:

- Flower
- Oils / Tinctures
- Capsules / Pills

Medicinal cannabis products vary in their cannabinoid content, usually expressed in their ratio of THC to CBD, with a number of different flower strains and oil formulations available from specialist pharmacies.

Strains of cannabis are often characterised as being either *sativa* – associated with being invigorating for daytime use, or *indica* – associated with being sedative for night-time use.

With all this variety, you may need to try a number of different CBMPs to find those products that best suit your requirements and affordability.

For further information on cannabis medicines, visit the Open Cannabis website:

<https://www.opencannabis.uk/>

## Specialist Pharmacies

There are several pharmacies in the UK that dispense a variety of medicinal cannabis products from a number of different suppliers:

**1. CBPM Access Online Pharmacy**

A division of [Rokshaw Laboratories](#), a leading UK MHRA-approved specials and medical cannabis manufacturer, and a part of [EMMAC Life Sciences](#).

<https://www.cbpmaccess.co.uk/>

Email: [info@cbpmaccess.co.uk](mailto:info@cbpmaccess.co.uk) / Tel: 0800 1412 055

**2. Dispensary Green**

A division of the [Lyphe Group](#), which includes [The Medical Cannabis Clinics](#) and [Astral Health](#).

<https://www.dispensarygreen.com/>

Email: [orders@dispensarygreen.com](mailto:orders@dispensarygreen.com) / Tel: 01623 844697

**3. IPS Pharma**

An independent pharmaceutical manufacturer and services company specialising in unlicensed medicines, clinical trials and specials.

<https://ips-pharma.com/>

Email: [orders@ipsspecials.com](mailto:orders@ipsspecials.com) / Tel: 0800 644 0747

**4. VPR Pharmacy**

An online pharmacy that provides medicinal cannabis from IPS Pharma.

<http://vprpharmacy.com/>

Email: [info@vprpharmacy.com](mailto:info@vprpharmacy.com) / Tel: 020 8481 9726

A medicinal cannabis prescription can be fulfilled by any of the above pharmacies and sent to the Island – as long as the product meets EU GMP standards in order to comply with Jersey law. Products that do not meet EU GMP standards will be refused an import licence.

*An updated list of UK pharmacies that dispense medicinal cannabis can be found at the link below:*  
<https://thecannabispages.co.uk/cannabis-clinics-uk-directory/>

## Contraindications

Research has indicated that a number of prescription drugs can interact with cannabis.

If you are already taking prescription medication, it is advisable to check whether these can interact with cannabis and discuss this with your consultant.

A list of cannabis drug interactions is available on the Drugs.com website:

<https://www.drugs.com/drug-interactions/cannabis.html>

## Allergic Reactions

It is possible to have an allergic reaction to cannabis – from the plant, pollen or the seeds – with usually benign symptoms including nasal, ocular and pulmonary complaints.

<https://www.leafly.com/news/health/a-guide-to-cannabis-allergies-and-symptoms>

## Adverse Reactions

If you experience an adverse reaction to medicinal cannabis, this should be reported to your consultant and also to the MHRA.

<https://yellowcard.mhra.gov.uk/>

## Dry-Herb Vaporisers

Article 20A of the [Misuse of Drugs \(General Provisions\) \(Jersey\) Order 2019](#) prohibits the smoking of medicinal cannabis. For those patients in receipt of medicinal cannabis flower products, a vaporiser will be required in order to legally administer the medication.

Local options for purchasing vaporisers include:

1. **The Canna Cabana**  
<https://thecannacabana.je/>
2. **Vapes Jersey**  
<https://vapesjersey.com/>
3. **VaporizerHut**  
<https://vaporizerhut.co.uk/>

Video reviews of dry-herb vaporisers and how to use them can be found on the CannaQuad YouTube Channel: [https://www.youtube.com/channel/UCXSXkpbjK7-6rEOR\\_0phADw](https://www.youtube.com/channel/UCXSXkpbjK7-6rEOR_0phADw)

# Advice for Medicinal Cannabis Users

## Travelling with Medicinal Cannabis

Under the terms of the Open General Licence for the Import or Export of Controlled Drugs, it is legal to travel to and from the Island with a 3 month supply of medicinal cannabis.

In order to comply with the terms of the Open General Licence:

- i. “The person is carrying no more than 3 months’ supply of controlled drugs at the prescribed dose.
- ii. The person must carry with them a letter from the prescribing practitioner confirming the person’s name, address, date of birth, dates of travel, the country to be visited and the drugs to be carried including dosages and total amounts.”

<https://www.gov.je/government/planningperformance/pages/ministerialdecisions.aspx?showreport=yes&docid=028E2551-49EC-4C81-B98D-24DF2ACC114E>

## Driving with Medicinal Cannabis

In Jersey law there is no specific mention or quantification of driving under the influence of cannabis. Instead, [Article 27 of the Road Traffic \(Jersey\) Law 1956](#) refers generally to "Driving when under influence of drink or drugs" whereby "any person who... is unfit to drive... through drink or drugs, shall be guilty of an offence" and goes on to state that "a person shall be taken to be unfit to drive... if his or her ability to drive properly... is for the time being impaired".

With no legal threshold for the presence of THC in the blood of a driver in Jersey law, it is therefore a question of whether the person's ability to drive properly is impaired and thus considered unfit to drive. This is assessed on the basis of your physical and cognitive ability – your reactions, balance, ability to process and follow instructions, etc. – which may also require a further test when not under the influence for comparison and possibly a review of your fitness to hold a licence.

Regarding how long to wait before being fit to drive after consuming cannabis, guidance from the Ottawa Medical Association suggests that medicinal cannabis patients (depending on the user and product consumed) refrain from driving for at least:

- 4 hours after inhalation
- 6 hours after oral ingestion
- 8 hours or more after inhalation or oral ingestion if the patient experiences a psychoactive high

<https://content.oma.org/wp-content/uploads/private/V4-10-2019-Cannabis-and-Driving.pdf>

In relation to motor insurance it is worth bearing in mind that due to the relative recency of medicinal cannabis prescriptions, the admission of using cannabis medicinally may not be coverable by your insurer.

## **Patient-Led Engagement for Access**

PLEA is a recently established non-profit community interest company that aims to collaborate with patients, clinicians and researchers sharing knowledge and experiences in order to advance access to cannabis based medicinal products.

<https://www.pleacommunity.org.uk/>

## **MedCan Support**

Medcan provide free resources and educational material on cannabis and the endocannabinoid system, supplying information on accessing private prescriptions within the UK and the latest information on law and policies surrounding NHS access.

<https://medcansupport.co.uk/>

## **Jersey Medicinal Cannabis Patient Alliance**

The JMCPA is a Facebook group that has been established for patients to discuss their knowledge and experience of medicinal cannabis, the process involved in obtaining a prescription, the variety of products available and different ways of administrating the medicine.

<https://www.facebook.com/groups/jmcpa>