Lyphe Australia

Whole Flower & Vaporisers

- Whole flower products are generally prescribed for patients who need fast acting pain relief for acute onset pain or ‘flare ups’.
- Lyphe Clinic advises you to never smoke your whole flower products as the toxins from combustion can be extremely harmful to your health. Vaporisers allow you to heat the active ingredients out of the cannabis without burning them and producing carcinogens. This makes it much safer for you to inhale.
- Never vaporise your standard medical cannabis oil products, it can be very harmful to your lungs. This does not apply to oil cartridges specifically designed to be vaporised with compatible vaporisers (e.g. mCART).
- Follow prescription as directed by doctor (printed on tub/bag). Do not exceed maximum daily limit (Commonly < 0.4g/day).
- Lyphe Clinic patients can access a 10% off discount on vaporisers at Youmeds / Cincotta Belrose Pharmacy - 02 9986 3331

Start low and go slow!*

Whole Flower

0.1g to 0.2g PRN

(as needed)

* suggested - always follow prescription

Scan QR to schedule a Nurse Call

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How to use a vaporiser

1. Grind up a small amount of your whole flower before use. Grinders for this specific purpose can be purchased at a tobacconist.
2. Pack a small amount of the ground up flower into the chamber of your vaporiser, it should be firm but not packed tightly. Follow your prescribed dose (usually 0.2g as needed with 0.4g as daily max limit, contact clinic if unsure).
3. Turn vaporiser on, if able to specify temperature, set between 160-180c. Different cannabinoids and compounds vaporise at different temperatures, play with temperature setting to find your sweet spot. Allow 30-60s to heat up.
4. Take a slow but long drawn out inhale on the vaporiser. Hold for approximately 5 seconds before exhaling.
5. It may take 10-15mins to feel the effects. If you are unsure of your tolerance level only take 1-2 puffs, turn off the vaporiser and wait for effect before inhaling any more.
6. Experiment with the temperature, your dose and how many puffs you need to take to achieve the desired amount of relief.

What happens if I take too much?

This is commonly known as 'Greening Out'. While this is generally not a life threatening situation it can be an unpleasant experience. For more information, check out our guide 'I've taken too much'.