

## Cannabis Hyperemesis Syndrome (CHS)

You may be suffering from a condition called cannabis hyperemesis syndrome. CHS is caused by long term, regular use of marijuana. Marijuana provides relief from nausea for some people. In this case, marijuana has the opposite effect. Marijuana will stay in your fatty tissue for 30 days or longer. When you have CHS, your body can react to this build up. You will experience nausea, vomiting and stomach pain. Narcotics and nausea medicines are not helpful for relieving the symptoms of CHS.

### The signs and symptoms are:

- Ongoing nausea
- Frequent vomiting
- Severe stomach pain
- Loss of appetite or weight loss

### Diagnosis

This condition requires regular contact with your family doctor. You may also need to see a doctor who specializes in stomach issues (a gastroenterologist). Your family doctor can help you decide and make a referral.

### What do I need to do about it?

- Stop using marijuana. There are **no other treatment** options with continued use of marijuana. Permanently avoiding use of marijuana could eliminate your symptoms.
- You may need to stop using marijuana for at least 30 days to relieve symptoms.
- Follow up with your family doctor. This is very important.
- Follow up with a specialist/gastroenterologist if recommended by your family doctor
- Ask for or call a member of our social work team at 269-341-6819 if you need help quitting marijuana.

### Home Care Instructions

- Drink fluids, rest, take hot showers or baths.
- Apply capsaicin ointment to the abdomen or back. Do not apply during or before a hot shower.
- Follow up with your primary care provider as soon as possible.
- The only way to know for sure if you do or do not have CHS is to completely stop using marijuana for at least 30 days.

### Seek Medical Care If:

- You cannot keep fluids down.
- You do not urinate at least once every 6 to 8 hours.
- You are short of breath.
- You see blood in your stool or throw up. This may look like coffee grounds.
- You have belly (abdominal) pain that gets worse or is just in one small spot (localized).
- You keep throwing up or having watery stool.
- You have a fever.