

CONSUMPTION METHODS



Cannabis can be used in several ways—each method differs in onset (how fast it works) and duration (how long it may last). Choosing a method often comes down to personal preference, comfort, and timing.

Method	Common Formats	Potential Onset	Potential Duration	Key Considerations
Inhalation	Dried Flower & Some Extracts via: Joint • Pipe / Bong • Vape	5–10 min	2–4 hrs	Fast onset • Easy to adjust amount • Shorter-lasting effects
Oral	Oils • Capsules • Edibles • Drinks	1–3 hrs	5–8 hrs	Longer-lasting • Slower onset • Effects may feel stronger for some
Sublingual	Strips • Sprays	15–45 min	2–6 hrs	Moderate onset • Discreet • Easy to adjust
Topical	Creams • Balms • Bath products	30 min – 2 hrs	1–8 hrs	Non-intoxicating • Localized use • May require consistent application
Suppository	Rectal • Vaginal	10–45 min	2–8 hrs	Targeted application • May reduce intoxication if used properly

Quick Tip: Different methods can feel very different—many patients explore more than one to find what fits their routine best.