



patient guide



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Welcome!

Relieve the body. Ease the mind. Comfort the soul.

Every patient has a story. It's our job to understand it. It's the best way to guide you step by step to find the medical cannabis treatment options that work for you.

We act as a partner on your personal healing journey, helping you make informed decisions that enhance and support your health.

As one of the first dispensaries in Hawai'i to make quality medicinal cannabis available to our community, Noa truly lives up to its name, which means "freedom from restriction" in Hawaiian. We invite you to discover the naturally medicinal therapies that work for you, grown right here with care and precision on our O'ahu farm.

At Noa, we stand for science and innovation, cultivating only the most effective cannabis strains that treat a spectrum of health challenges. We are ready to guide you on your path and empower you with knowledge so you can better live life on your own terms.



YOUR FIRST VISIT

For a smooth first visit, please come prepared:

Be sure to meet with your physician and get qualified in advance as a medical cannabis patient.

Every patient that enters our dispensary will need to complete a one-time only registration form. We have three easy options available for you to choose from. All will help to expedite your initial check-in and will avoid any delay in making a purchase at our location.

1. Pre-Register online at NoaCares.com
 - Select the FOR PATIENTS tab
 - Click on PRE-REGISTER
 - Complete the form online
 - Within 24 hours you should receive a confirmation number if your registration was successful
 - Show us your confirmation number when you first check-in
2. Print out your registration form at NoaCares.com
 - Select the FOR PATIENTS tab
 - Click on FAQs & LINKS
 - Under "Forms" click NEW PATIENT FORM
 - Download, print, and complete the form
 - Bring it in with you when you first check-in
3. On Site Registration
 - Printer problems? Computer issues?
 - No problem!
 - We will provide you a paper copy when you come in
 - Please give yourself some extra time at our dispensary to make sure all the proper sections have been completed

Bring your state-issued 329 card and your government-issued picture ID.

While it is not required, if you'd like a private appointment with our Dispensary Manager, please call ahead. Monday's at the dispensary are for those that need a little extra time and further information in choosing the right product.

SERVICES

PRODUCT SPECIALISTS

Whether you are new to medical cannabis or a long-time patient, our extensively trained product specialists can talk you through finding the right form of medical cannabis, along with a good starting dose.

PULAMA PROGRAM

Compassionate Care Program

We offer the opportunity to those with qualifying financial needs to have access to our medical cannabis. When a patient is eligible and qualified by their participating in other need-based programs, funding to help in the purchase of medical cannabis may be awarded. To learn more about our program, please call us to make an appointment with our Dispensary Manager.



POLICIES

GOOD NEIGHBOR POLICY

As a patient of the dispensary and this community, we ask that you be especially mindful of our neighbors. We expect our patients to help us keep our commitments to our neighbors by not creating a nuisance or lingering in the parking lot or sidewalk areas. Always be careful and courteous when entering or exiting the parking lot. With your support, we plan to be here to serve you for years to come.

POLICIES CONT'D

DISPENSARY CODE OF CONDUCT

Patients must abide by the following rules and regulations. We reserve the right to refuse service to patients that violate our Code of Conduct.

1. You must be at least eighteen (18) years old and have a state issued medical cannabis card (329 Card) and government issued photo ID to access dispensary services. Parents or court-appointed legal guardians must have a valid designated caregiver 329 Card to obtain service on behalf of legally qualified patients who are younger than eighteen (18) years old.
2. Only legally qualified patients and caregivers may register as patients of the dispensary and access dispensary services.
3. Before being permitted to access dispensary services, all potential patients must provide their current and valid 329 Card and current government issued photo ID and be verified through the Hawaii Department of Health database. The patient's 329 Card and current state-issued photo ID will be scanned and stored electronically in our secure patient database.
4. Patients must bring their current 329 Card and valid government issued photo ID every time they visit the dispensary.
5. State of Hawaii regulations prohibit patients from receiving more than 4 ounces of medical cannabis within a 15-day period.
6. Patients may purchase medicine only for their use, or in the event that they are a caregiver, only for their patient's use. Purchases of quantities that exceed those of personal use are prohibited.
7. Consumption of medical cannabis is prohibited on dispensary premises and the smoking of cannabis is prohibited in any public place or on public transportation in the State of Hawaii.
8. The dispensary has the right to refuse service to those who appear to be over-medicated or intoxicated. This decision is at the discretion of dispensary staff who have been trained by our Medical Director on identifying signs of dependency and abuse.
9. No loud music, unattended barking dogs, or other noise disturbances to the neighborhood are permitted on dispensary grounds.

POLICIES CONT'D

DISPENSARY CODE OF CONDUCT CONT'D

10. Re-sale of medicine is prohibited.
11. Loitering and/or littering in our parking lot is prohibited.
12. Only one car per patient will be allowed to enter the parking lot. Please do not bring more than one non-patient with you.
13. No weapons are allowed within the dispensary or anywhere on premises.
14. No children may be left unattended within the dispensary or anywhere on premises.
15. Pursuant to State of Hawaii regulations, no audio recording, video recording, or photography is permitted within the dispensary.
16. No cell phone usage is permitted anywhere within the dispensary.
17. All patients and Noa Botanicals staff are to treat each other with respect and courtesy at all times. Threatening, abusive, or disrespectful behavior is strictly prohibited.
18. All problems and complaints must be directed to the Dispensary Manager.



UNDERSTANDING THE SCIENCE

Americans for Safe Access (ASA) has put together hundreds of scholarly articles and summarized the potential therapeutic effects of medical marijuana in "[Medical Cannabis Research: What the Science Says.](#)" This article can help you to further understand the basic science behind medical cannabis and how it can alleviate or improve certain health conditions.

There are countless other articles that can help you to discover the benefit of medical cannabis or add to your existing knowledge base. Here is a small selection:

HEALTH CANADA

Information for Health Care Professionals
Cannabis and the Cannabinoids

AMERICAN ACADEMY OF CANNABINOID MEDICINE

Organization of clinicians and researchers supporting the use of cannabis medicines. Provides education to medical professional and the public on cannabinoids and the endocannabinoid system.

PROJECT CBD

Updates doctors and patients on developments in cannabinoid science and therapeutics. Supports further research and developments on cannabinoid medicines.

NATIONAL ORGANIZATION FOR THE REFORM OF MARIJUANA LAWS (NORML)

Advocacy organization supporting the reform of marijuana laws. Includes a compilation of the recent research supporting medical marijuana use for a variety of identified conditions.

MARIJUANA POLICY PROJECT (MMP)

Advocacy organization supporting marijuana policy reform. Provides information supporting the use of medical marijuana, including research briefings, effective arguments, legislative overviews and federal policy.

FORMS OF MEDICAL CANNABIS

The cannabis plant is usually classified into four groups for medical use:

SATIVA

The Sativa medicating effect is often characterized as uplifting and energetic. Sativa users typically experience a feeling of optimism and well-being, as well as a good measure of pain relief for certain symptoms. Sativas and Sativa-dominant hybrids are often a good choice for daytime medication.

Conditions and symptoms that Sativas typically provide the most relief for are: Psychoactive Conditions, Social Anxiety, Mild Depression, Fatigue, and more.

INDICA

The Indica medicating effect is most often described as a pleasant body buzz. Indicas are great for relaxation, stress relief, and for an overall sense of calm and serenity. Indicas are also very effective for overall body pain relief, and often used in the treatment of insomnia. They are the late evening choice of many patients as an all-night sleep aid.

Conditions that Indicas typically provide the most relief for are: Pain, Sedation, Anxiety, Neuropathy/Neuralgia, Menstrual Cramps, PMS, Glaucoma, Muscle Cramps, Muscle Spasms, Asthma, AIDS, Epilepsy, IBS, Gastric Disorders, Arthritis (Osteo & Rheumatoid), Multiple Sclerosis, Cerebral Palsy, Crohn's Disease, Fibromyalgia, ALS, Migraines, Hyperactivity, Insomnia, ADD, and more.

HYBRIDS

Hybrids typically fall into two different groups: Indica Dominant Hybrid or Sativa Dominant Hybrid. The goal of hybrid strains is to combine characteristics of each strain to minimize some of the unwanted effects of one while adding the desired effects of the other. For instance, Indica-dominant hybrids are effective for pain relief with the Sativa component allowing the patient to maintain energy and activity levels. Sativa-dominant strains are good for stimulating appetite, with the Indica component helping to reduce body pain and increase relaxation.

CBD

CBD strains are reported to be helpful in treating a number of medical conditions and symptoms while producing little to no psychoactive effects (or "high"). CBD may be helpful in relieving pain, reducing anxiety, and may have anti-inflammatory properties. It has also been reported to be useful in treating seizure disorders, particularly in children.

METHODS OF CONSUMPTION

The effects of medical cannabis may vary with different methods of consumption. The length of time it takes for the medicine to take effect, and the length of time that the medicine remains effective, will also vary with different methods of consumption.

INHALATION DELIVERY

When cannabis is inhaled, the gases enter the lungs before absorbing into the bloodstream. Two types of this are smoking and vaporization. Smoking methods involve hand pipes, water pipes, rolling papers, and bong. Vaporizing methods involve using vaporizers. The dried flower, concentrate or oils are heated up just until they become active but not to the point where harmful toxins are released or smoke is created.

A newer method is dabbing. Highly concentrated oils or wax are dropped on a heated nail creating vapor that is then inhaled. Inhalation methods are for those who need to feel the effects as quickly as possible and can last for 2-4 hours.

ORAL DELIVERY

Consuming cannabis with home made food items or in tablet form delivers the medicine through the digestive system where it then will enter the bloodstream. Effects take much longer to kick in. When they do however, they can be very strong and provide a longer lasting relief than inhaling. Beginners should be very mindful of their dose.

SUB-LINGUAL DELIVERY

Topical oral applications are administered through the mouth, and they are immediately absorbed into the bloodstream unlike oral delivery methods. Types of sub-lingual delivery include tinctures, sprays, and lozenges. The effects take effects slightly faster than inhalation methods and do not have long lasting effects.

TOPICAL DELIVERY

This type of administration utilizes full cannabis extract - a thick oil that has been decarboxylated to activate the cannabinoids allowing them to be easily absorbed through the skin. These oils are then created into ointments, lotions, salves, creams and compresses. Topicals effects differ from other medicating methods in that they do not provide the 'head high'. Topicals are appropriate for consumers needing a clear head and localized relief with muscle aches or soreness. Depending on the potency relief is felt within minutes to an hour and those effects last for very long periods.

SAFER USE

DOSING

Start with a low dosage and do not increase it until you are certain of the impact of your dose. It is a mistake to start with an initial dose that is too high. Another mistake is to start with a low dosage and add to it too quickly. Remember, you can never take away what you've consumed, but you can always gradually add to your dose. Also, if you feel that you are requiring a larger and larger amount of medicine to feel effects, consider taking three days off of medicating to readjust your tolerance levels.

UNDERSTANDING DURATION

In regards to the various delivery methods, notate your starting time. This way you can keep track of the time it takes for the effects to be felt. Individual experiences may vary so it is very important to keep track of your dosage using various methods.

STORAGE

Keep all medical cannabis products in the childproof container that they came in. Keep your medicine out of the reach of children and animals. Home made food items that contain cannabis need to be clearly labeled and stored separate from other household food items.

USE WITH CAUTION










There may be additional health risks associated with consumption of cannabis for women who are pregnant, breastfeeding, or planning on becoming pregnant. Anxiousness and paranoia may accompany accidental over-ingestion. In this event, it is best to stay calm and remain in a comfortable, safe place. With time, these negative effects will pass. You can also notate the strains you use that give you negative effects to help you avoid them in the future. Do not eat Marijuana Infused Products (this needs to be used throughout or changed to 'homemade food items') on an empty stomach. Eating a full meal before consuming MIPs is recommended as it helps in lowering the intensity of the effects. Consuming meals high in fat also....Never drive or operate machinery under the influence of marijuana. Do not mix medical cannabis with alcohol.

SIDE EFFECTS

Uneasiness, Hunger and Thirst, Redness of the Eyes, Drowsiness, Sleeplessness, Short Term memory loss and giddiness are all possible side effects of consuming medical cannabis. These will wear off with time and should be considered where and when you are consuming your medicine.

TERPENE SMART

There are many aromas of cannabis that can be sweet or fruity or skunky. Terpenes are what you smell and knowing what they are will deepen your appreciation of the unique strains our dispensary will offer. Terpenes are the pungent oils that color cannabis varieties with distinctive flavors like citrus, mint or pine. Terpenes are actually an adaptive repellent cannabis developed to keep away predators and lure pollinators. There are over 100 different terpenes in the cannabis plant.

TERPENE	BENEFIT	AROMA
 <p>Pinene Also found in pine needles</p>	<p>Anti-inflammatory Anti-bacterial Bronchodilator Aids memory</p>	<p>Pine Earth</p>
 <p>Myrcene Also found in hops</p>	<p>Sedative Sleep aid Muscle relaxant</p>	<p>Flowers Pungent Earth</p>
 <p>Limonene Also found in citrus</p>	<p>Treats acid reflux Anti-anxiety Antidepressant</p>	<p>Citrus Fresh spice</p>
 <p>Terpinolene Also found in coriander</p>	<p>Analgesic Pain reduction Digestive aid Stomachic</p>	<p>Pine Herbal Anise Lime</p>
 <p>Linalool Also found in lavender</p>	<p>Anesthetic Anti-convulsive Analgesic Anti-anxiety</p>	<p>Flowers Lavender Citrus Fresh spice</p>
 <p>Terpineol Also found in mugwort</p>	<p>Calming aid Antibacterial Antiviral Immune system</p>	<p>Pleasant lilac Citrus Wood</p>
 <p>Caryophyllene Also found in black pepper</p>	<p>Anti-inflammatory Analgesic Protects cells lining Digestive tract</p>	<p>Citrus Spice</p>
 <p>Humulene Also found in basil</p>	<p>Anti-inflammatory</p>	<p>Robust Herbaceous Earth</p>
 <p>Ocimene Also found in thyme and alfalfa</p>	<p>Decongestant Antiseptic Antiviral Bactericidal</p>	<p>Citrusy green Wood Tropical fruit</p>

source: terpene.info

KEEP UP WITH US!

NOA DISPENSARY

1308 Young Street, 1st Floor
Honolulu, HI 96814
Phone: (808) 800-2126
Website: NoaCares.com
Email: Info@NoaCares.com

Dispensary Hours:

MONDAY

Appointment Only

TUESDAY-THURSDAY

11:00 a.m. - 7:00 p.m.

FRIDAY-SATURDAY

12:00 p.m. - 8:00 p.m.

CLOSED SUNDAYS AND HOLIDAYS

MANOA BOTANICALS LLC

Corporate Offices

By Appointment Only

1308 Young Street, 2nd Floor

Honolulu, HI 96814

Email: info@ManoaBotanicals.com

Business Hours:

MONDAY-FRIDAY

8:00 a.m. - 4:00 p.m.

FACEBOOK

LINKEDIN

WEEDMAPS

NEWSLETTER

NOA WEBSITE





Connect with us anytime,
*anywhere from your iOS or
Android devices.*Join our mailing list.

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