

A Beginners Guide to using Cannabis Suppositories



There are many medications that can be taken orally, sublingually, vaginally, and rectally - so why not cannabis?

While smoking, tinctures and edibles are the most commonly recognised methods of delivering cannabinoids into the body, there is another highly effective, though often overlooked option: cannabis suppositories. This discreet and innovative method of administration provides several advantages, especially for individuals seeking localised symptom relief, requiring higher doses, or anyone wishing to minimise the psychoactive effects of THC.

A Brief History of Suppositories

The use of cannabis suppositories dates back thousands of years to Ancient Mesopotamia. According to *Women and Cannabis: Medicine, Science, and Sociology*, cannabis suppositories were a part of the Egyptian pharmacopeia as early as 3000 BCE, used for both vaginal and anal treatments. The ancient Greeks and Romans also utilised suppositories for various ailments, leveraging the body's ability to absorb medication through the rectal or vaginal walls.

How Cannabis Suppositories Work

Cannabis suppositories are made by infusing cannabis extract into a base of cocoa butter, shaped into small bullet- or cone-like forms. When administered rectally or vaginally, they dissolve and release cannabinoids that are absorbed directly into the bloodstream through surrounding vascular tissues. This method bypasses the digestive system and liver, leading to more efficient absorption, a faster onset of effects, and potent therapeutic benefits without the traditional head high. Since THC is not metabolised into its more psychoactive form (11-

hydroxy-THC), it does not reach the brain in significant amounts, allowing users to experience rapid symptomatic relief with minimal side effects.



Why Use Cannabis Suppositories?

Cannabis suppositories offer several advantages over other methods of administration. They provide rapid relief and longer-lasting effects compared to edibles or capsules. Evidence also suggests that rectal administration enhances absorption of active compounds, maximising health benefits. Additionally, because this method reduces intoxicating effects, it is an excellent option for individuals who need to take higher doses of cannabinoids to manage significant conditions. This method offers a reliable way to introduce larger amounts of cannabinoids into the body, with minimal side effects.

Conditions Cannabis Suppositories May Help With

Cannabis suppositories can be beneficial for managing various health conditions, including:

- **Chronic Pain:** When inserted rectally or vaginally, cannabinoids interact with receptors in the pelvic and lower spinal regions, helping to reduce pain, inflammation, and muscle tension in conditions like fibromyalgia, arthritis, and lower back pain.
- **Reproductive and Menstrual Conditions:** Vaginal cannabis suppositories may provide relief for individuals experiencing endometriosis, pelvic inflammatory disease (PID), menstrual cramps, pain during intercourse, vaginal dryness, and PMS symptoms. Localised application allows cannabinoids to directly target the reproductive organs, reducing pain, inflammation, and hormonal imbalances that contribute to discomfort.
- **Gastrointestinal Disorders:** Those suffering from Crohn's disease, ulcerative colitis, or irritable bowel syndrome (IBS) may experience reduced inflammation and discomfort with rectal cannabis suppositories. Cannabinoids interact with receptors in the gut to modulate inflammation, ease cramping, and restore gut motility, leading to improved digestive function and symptom relief.

- **Nausea and Vomiting:** Patients undergoing chemotherapy or experiencing severe nausea can use suppositories to bypass the digestive system, ensuring effective relief when oral medication is not an option. The direct absorption into the bloodstream helps cannabinoids act quickly to suppress nausea signals in the brain while providing anti-inflammatory benefits to the stomach lining.
- **Neurological Conditions:** Individuals with multiple sclerosis (MS), Parkinson's disease, or epilepsy may find relief from symptoms like muscle spasms, tremors, and nerve pain through cannabis suppositories. Cannabinoids interact with the endocannabinoid system to help regulate muscle control, reduce inflammation in the nervous system, and provide neuroprotective effects that may slow disease progression.
- **Hemorrhoids and Rectal Pain:** The anti-inflammatory properties of cannabis suppositories may help soothe discomfort caused by hemorrhoids and rectal pain. By directly targeting the affected area, cannabinoids can reduce swelling, promote healing, and provide lasting relief from pain and itching.
- **Constipation:** Suppositories can help ease constipation by relaxing muscles and reducing inflammation in the digestive tract. Cannabinoids interact with receptors in the gut to regulate motility, allowing for smoother bowel movements while reducing discomfort and bloating.



How to Use Cannabis Suppositories

- **Instructions for Rectal Use:**
- Lie on your left side and pull your upper leg toward your chest.
- Gently insert the suppository into the rectum, pointed end first, ensuring it is at least one inch inside for proper placement.
- Remain lying down for about 5-10 minutes to allow the suppository to dissolve and absorb.

- **Instructions for Vaginal Use:**

- Lie on your back with your knees bent for comfort, or insert it while sitting on the toilet.
- Gently insert the suppository into the vagina as deeply as is comfortable.
- Remain lying down for about 5-10 minutes to allow the suppository to dissolve.

The Bottom Line

Cannabis suppositories offer a unique, effective and discreet way to experience the benefits of cannabis. By offering localised relief, direct bloodstream absorption, and minimal psychoactive effects, they present an excellent alternative to traditional consumption methods. While many individuals find significant symptom relief and improved quality of life with this approach, it is important to remember that responses can vary from person to person. As with all cannabis products, it is important to start with a low dose and monitor your body's reaction carefully.

Disclaimer

This article is for informational purposes only and should not be considered medical advice. If you're considering this method, we highly recommend booking an appointment with one of our practitioners to have an open and honest conversation about whether it's the right choice for you.