

## CBD Dosing Recommendations and Guidelines for Treatment of Intractable Epilepsy

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Determining a patient's ideal dose and formulation for cannabis-based medications is actually fairly similar to the process for dosing any new pharmaceutical medications that hit the market.

Like most new medications, dosage recommendations and guidelines for cannabidiol (CBD) medicines are best established according to existing scientific research, anecdotal evidence, and individual patient outcomes. The biggest difference is that CBD medicines don't start out with a dosing range approved by the FDA. Although newly FDA

approved drugs include dose ranges approved in clinical trials, the real-world dosing ranges become apparent as more patients use the medication and as both prescribers and patients get a better sense of the dosing they need.

### **DOSING RECOMMENDATIONS**

For each patient, CBD dosing will depend on the following:

- » Formulation of product (e.g. CBD concentration, THC concentration). Compassionate Cultivation's Lone Star product is 100 mg/ml CBD with 5 mg/ml THC (0.5%).

- » Patient characteristics, including weight, age and the number and type of medications the patient is already taking.\*
- » Initial dose and rate of titration both need to be considered.

### **GENERAL GUIDELINES FOR CBD DOSING**

The dose-finding process will be different for each patient. Because the Texas program is in its infancy, there is a limited knowledge base for physicians at this time; it will grow as more patients join the program and prescribers gain a



better understanding of what is working and how patients tolerate CBD treatment. Each patient will need to discover the dosing amount that works best for them. This is what the titration process is all about. I devised these guidelines based on available research and clinical trial results. They are a starting point, with the expectation that a small portion of patients may require higher doses.

*\* It is important to note that one common seizure medication often used in refractory patients that has a strong interaction with CBD is clobazam (Onfi). Patients taking Onfi should be started on lower CBD doses and titrated more gradually even if Onfi is the only other seizure medication the patient is taking when initiating CBD treatment.*

**For the complete Dosing Guidelines document, as well as full references for research and clinical trials on CBD treatment, please visit [texasoriginalcc.com/physicians](https://texasoriginalcc.com/physicians).**



# Compassionate Cultivation



**As with every new medication, conservative initial titration and slow dosage increases will minimize the chance of severe side effects, and avoid reaching a dose beyond that necessary to gain control of seizures.**

*Medically sensitive patients, such as those who are under two years of age or who are taking multiple concomitant seizure medications, should be started at a lower dose and titrated more slowly. Less sensitive patients can be started at a somewhat higher initial dosage.*

## LOW DOSE INITIATION IN CHILDREN

- » 0.5 mg/kg/day, minimum dose 10 mg = 0.1 ml.
- » Increase every 1–2 weeks by 0.5–1 mg/kg/day, rounding to nearest 10 mg (0.1 ml increments) as long as side effects don't interfere.
- » Target dose 2–10 mg/kg/day; average is 2–6 mg/kg/day; higher doses may be tolerated, but we will need more experience with the Lone Star product to understand the ranges our patients need for optimal response with minimal side effects.

## LOW DOSE IN ADULTS (OR CHILDREN WEIGHING >50 KG)

- » 25 mg twice daily.
- » Increase every 1–2 weeks by 25 mg/dose.
- » Target dose 100–300 mg twice daily if tolerated, or stop sooner if seizures stop or side effects prevent further dose increases. Higher doses have been utilized in some clinical trials, but may not be necessary to achieve good seizure control in all patients.

## HIGHER DOSE INITIATION IN CHILDREN

- » 1 mg/kg/day, minimum 10 mg = 0.1 ml.
- » Increase every 1–2 weeks by 1 mg/kg/day, as long as side effects do not interfere.
- » If side effects are a problem, go up more gradually with more time between dose increases.
- » Target dose 2–10 mg/kg/day, average is 2–6 mg/kg/day. As noted above, higher doses might be tolerated, but we need more experience with the Lone Star product to understand the ranges our patients need for optimal response with minimal side effects.

## HIGHER DOSE IN ADULTS (OR CHILDREN WEIGHING >50 KG)

- » 50 mg twice daily.
- » Increase every 1–2 weeks by 50 mg/dose.
- » Target dose 100–300 mg twice daily if tolerated, or stop sooner if seizures stop or side effects prevent further dose increases. Higher doses have been utilized in some clinical trials, but may not be necessary to achieve good seizure control in all patients.