

Cannabinoid Hyperemesis Syndrome (CHS)

What is cannabinoid hyperemesis syndrome (CHS)?

Cannabinoid hyperemesis syndrome (CHS) is a pattern of nausea and vomiting, most often with abdominal (belly) pain. It often happens in people who use cannabis (marijuana or weed) at least once a week, and for at least 1 year.

How do I know if I have CHS?

You may have CHS if:

- You use cannabis every week or more, and for a long time (months or years).
- You have intense nausea and vomiting that affects your life.
- Your nausea and vomiting comes and goes, with times of relief in between.
- Hot showers or baths bring you short-term relief from nausea and vomiting.
- You've seen a doctor about your nausea and vomiting, but they couldn't find the cause.

How do I quit using cannabis (marijuana)?

Quitting cannabis use is the only way to stop your CHS symptoms completely. Talk with your doctor about the best way for you to quit. You can also try these tips:

- Slowly reduce your cannabis use over time.
- Avoid triggers (things that make you more likely to use cannabis), like people or places that you often use cannabis with.

- Get support from a substance use counselor.
- Make lifestyle changes that include things like exercise, relaxation techniques, and mindfulness (which could include medication, yoga, or prayer).
- Ask your doctor for help with withdrawal symptoms (uncomfortable symptoms you may have as your body adjusts to not having cannabis).

Remember: It may take a few weeks after you quit cannabis use for your CHS symptoms to go away completely. Try not to get discouraged!

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