Your dispensary shopping plan

A first-time and new-product buyer guide. Fill this out before your visit, then use it to explain what you need.

1. What are you trying to accomplish?

My goal or question _____

Examples: understand product choices, avoid smoke, find a measurable product, or discuss a health concern with a clinician. Desired effects are not guaranteed.

Experience: [ ] First time [ ] Occasional [ ] Returning after a break
[ ] Experienced with cannabis, but new to this product form

What worked or felt uncomfortable before? _____

Ingredients / flavors / methods I want to avoid _____

Budget including taxes, fees and any device ($) _____

2. What do you want to buy?

[ ] Flower / pre-rolls [ ] Gummies / other edibles [ ] Concentrates
[ ] Cartridge / disposable [ ] Tincture / oral oil [ ] Topical [ ] Not sure

Preferred form / product _____

I want my purchase to cover about how many weeks?
_____

3. Before you leave home

[ ] Check that the store is licensed, open and serves your purchase type.
[ ] Confirm payment methods, fees and total-price information.
[ ] Adult-use: bring current government photo ID showing age 21+.
[ ] Medical: bring active registry card and linked ID; recommendation must be active.
[ ] Arrange travel so you will not drive while impaired.
[ ] Have secure storage away from children and pets.

Tell the staff: "I am a _____ buyer. I want _____. My budget is $____ total. I want a small, measurable trial amount and help understanding the label."

Know the product before buying

Product	Check the label and ask	Plan the quantity in
Flower / pre-rolls	Grams in package; batch THC/CBD; infused or plain; device and supplies needed. A strain name does not guarantee chemistry or effects.	Grams or whole pre-rolls. Puff size and device use vary.
Gummies / edibles	THC/CBD per piece, per serving and per package; allergens; whether dividing a piece is reliable. One gummy can contain several servings.	Pieces or reliably measured fractions. Calculate mg THC in that amount separately.
Concentrates / cartridges	Extract type, grams, THC/CBD, ingredients and compatible device. High potency can make small amounts difficult to measure.	Grams using your own measured use. Do not infer grams per puff.
Tincture / oral oil	THC/CBD in mg per mL; bottle mL; marked dropper; intended route. Swallowing and under-tongue use may differ.	mL measured with the supplied marked device; drops may be inconsistent.
Topicals	Ingredients, application directions, skin precautions and whether it is a transdermal product.	Applications using manufacturer directions; do not compare to oral THC doses.

New-buyer starting reference

Health Canada advises new or occasional edible users to start with 2.5 mg THC or less and allow up to four hours for full effects before taking more. This is general lower-risk guidance, not a personal prescription. Consider a small trial purchase before planning a long supply.

Inhaled effects can start within seconds to minutes and take up to 30 minutes to fully develop. Edible effects may begin after 30 minutes to two hours and take up to four hours to fully develop. Onset, peak, duration and impairment are different; response varies. Do not use a supply calculation to decide when you can drive.

Ask a clinician or pharmacist about medication interactions or health concerns. Avoid combining with alcohol. Keep the product in its labeled container, locked away from children and pets. Higher-potency extracts can be difficult for beginners to measure.

Ask the staff to write this down

Product / batch _____

THC and CBD per planned amount _____

How to measure / use it and how long to wait _____

Storage instructions / expiration date _____

How long will this purchase last?

This page estimates supply duration, not the length of the high or the right dose. Use your own established amount, or leave it blank until you know your response. Use the same unit throughout each calculation.

Product / unit	Package quantity	Amount per use	Uses per week	Estimated weeks
Gummies / pieces	_____	_____	_____	_____
Flower / grams	_____	_____	_____	_____
Concentrate / grams	_____	_____	_____	_____
Oral oil / mL	_____	_____	_____	_____
Other: _____	_____	_____	_____	_____

The arithmetic

Uses per package = package quantity / amount per use
Weeks per package = uses per package / uses per week
Quantity needed = amount per use x uses per week x target weeks
Whole packages needed = quantity needed / package quantity, rounded up

Gummy example: 10 pieces / 0.25 piece = 40 uses. At 2 uses per week, this is 20 weeks. If each piece contains 10 mg THC, one-quarter piece contains a nominal 2.5 mg THC only if the product can be divided reliably. The arithmetic is an example, not a recommended schedule.

Flower example: 3.5 g / an established 0.1 g per use = 35 uses. At 5 uses per week, this is 7 weeks. Grams do not establish absorbed THC or equivalent edible effects.

Oil example: 30 mL / an established 0.25 mL per use = 120 uses. At 4 uses per week, this is 30 weeks. Multiply mL used by the labeled mg THC per mL to learn THC in that amount. Check whether the shelf life covers the estimated supply period.

Final price with taxes / fees ($) _____

My trial amount / purchase decision _____

Notes after trying it: amount, timing and response

_____

Sources and more help

Sources checked October 11, 2026. Health guidance is general; the Ohio sources cover store entry and purchase documents.

Health Canada: lower your risks

Ohio adult-use dispensing rule

Ohio: activating your medical marijuana card

Online shopping worksheet and calculator
Product definitions, processing and label guide