


elios

ELIOS PATIENT INFORMATION

Leaflet

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About Elios Clinics

Welcome to Elios Clinics' Patient Information Leaflet. At Elios Clinics, we are committed to providing our patients with high-quality, personalised healthcare services that cater to their unique needs.



Our clinics have highly skilled and experienced healthcare professionals who provide exceptional care to every patient that walks through our doors. We believe every patient deserves to be treated with respect, compassion, and dignity, and we strive to create a warm and welcoming environment that promotes healing and recovery.

At Elios Clinics, Our healthcare professionals work collaboratively to develop personalised treatment plans that address each patient's individual needs. We are committed to using the latest medical technologies and techniques to ensure our patients receive the most effective and efficient care possible.

We understand that seeking healthcare can be a stressful and overwhelming experience for many patients, which is why we are committed to providing our patients with the information and resources they need to make informed decisions about their health. Our patient information leaflet is just one of the many ways we aim to empower our patients with the knowledge they need to take charge of their health and well-being.

If you have any questions or concerns about our clinics or the services we provide, please do not hesitate to contact us. We are always here to help and support our patients in any way we can. Thank you for choosing Elios Clinics as your healthcare provider.



Our Team

At Elios Clinics, we take immense pride in our team of highly experienced and skilled healthcare professionals. Our team of doctors, nurses, technicians, and other healthcare professionals have years of experience in their respective fields.

Our team provides our patients with the highest level of care possible. Our team of experts is committed to staying up-to-date with the latest medical technologies, techniques, and best practices. You can read more about our team here:

<https://www.eliosclinics.com/about-us/#meettheteam>

Elios Origins

Helios or Elios, the Titan god of the Sun, was part of a long line of Greek gods and goddesses associated with light and the Sun. Without light and Sun, there is no life. So we called the clinic 'elios' to bring the Sun and Light back into people's lives.



Consultation process

At Elios Clinics, we understand that accessing medical cannabis can be a complex and daunting process. That's why our team is dedicated to making your journey as seamless and transparent as possible. We are committed to keeping you informed at every step, from submitting your eligibility application to receiving your prescription(s).

To get started, you can create an account on our website and complete our eligibility questionnaire. We will then request relevant medical records from you to confirm whether medical cannabis is a suitable treatment option for you. If necessary, we can also obtain the records on your behalf.

Our clinicians will review your application and, if appropriate, progress you to the next stage. We will ask you to confirm that you understand our terms of treatment, and we will verify your identity. Once you've completed the initial steps, you'll receive an invitation to book a virtual consultation with our clinicians. Our healthcare professionals will review your medical history during the consultation and discuss your symptoms and treatment goals.

This information will then be shared with our Multi-Disciplinary Team (MDT), composed of doctors and pharmacists who will ensure that any medication prescribed is appropriate and safe for you.

If the MDT approves your case, your prescription will be sent to you via the pharmacy. Our partner pharmacy will contact you to arrange payment and dispensation. We will also keep you up-to-date and provide reminders for any required follow-up consultations.

If you need to request more medication, you can easily log in and make a prescription request. Our team will review your request and provide you with the necessary information and support. At Elios Clinics, we are committed to providing our patients with the highest care and support throughout their medical cannabis journey. Our team of experienced healthcare professionals is dedicated to ensuring you access safe and effective treatment options that meet your unique needs and circumstances.



What to expect during your consultation at Elios Clinics

Whether you have a virtual consultation or meet in person, our consultation process at Elios Clinics remains the same. We kindly ask our patients to allow up to 30 minutes for the consultation. Our experienced team will review your relevant medical history, past and current medications, previous therapies, procedures, and treatments, and how your condition affects your day to day life. This comprehensive review will help you and our consultant determine whether medication prescribed through Elios Clinics suits your needs and can benefit you in subsequent consultations.

It is important to note that a consultation does not guarantee a prescription. Although our experienced team conducts pre-consultation screening, an issue may be discussed during the consultation that requires additional information, such as a recent test result, which may affect the suitability of a prescription. In rare cases, unforeseen health issues not previously captured during the eligibility stage may be a barrier to prescribing.

Additionally, during the consultation, you may decide that there are better choices than medication for you or require more time to consider any recommendations made by our consultant. Based on their assessment, our consultant may also determine that CBPMs are unsuitable for your needs.

Please note that treatment through Elios Clinics is private, and the fees paid to the clinic are separate from the cost of your medication, which is paid directly to the pharmacy.



Recommendations for Cannabis-Based Medicines at Elios Clinics

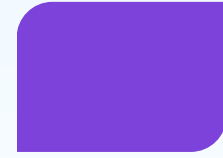


After our consultant has determined that CBPMs may benefit your needs, a recommendation will be made on which medication to prescribe. This recommendation considers your responses to assessment questions, co-existing health issues, age, and any previous experience with cannabis. Prescribing CBPMs follows the "start low and go slow" principle and requires ongoing support and patient monitoring. Therefore, reaching the treatment maintenance stage may take several weeks or months.

Consultations and treatment through Elios Clinics are similar to accessing treatment from any health provider. While recommendations are explained and discussed in detail, prescribing and each consultant's recommendation is part of a long-term medically supervised treatment plan and may not reflect the cannabis you have experienced outside of Elios Clinics. Prescriptions can only be changed with a review with one of our consultants.

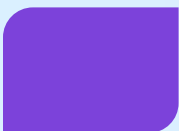
Unlicensed Specials at Elios Clinics

CBPMs prescribed through Elios Clinics are unlicensed specials. These medicines are imported and prescribed to meet individual needs in cases where licensed medications have been prescribed but have had little or no benefit. CBPMs prescribed through Elios Clinics are not licensed by the Medicines and Healthcare products Regulatory Agency. If you have any questions or concerns, please get in touch with us via enquiries@eliosclinics.com, and we will be happy to discuss this further with you.



Access to Your Medication at Elios Clinics

Elios Clinics provides you with a prescription and does not have a dispensing pharmacy. However, our team will discuss pharmacy dispensary options during your consultation to ensure you have the most up-to-date information. Medication costs are paid directly to the pharmacy that supplies your medication. Pharmacies require specific vital requirements to be completed before dispensing your medication. This may include the completion and return of GDPR documents, proof of address, and photographic ID. A pharmacy can only dispense medicines once they have received the original paper prescription. The cost per CBPM medication is approximately £1 -300 per month, depending on your prescription.



Follow-Up Consultations at Elios Clinics

As part of your ongoing medically-supervised treatment, to assess your response to the medication and make any necessary changes to your prescription, it is recommended to schedule a follow-up consultation one month after your initial consultation and then quarterly after that time, subject to your consultant's advice. A specialist nurse typically performs follow up consultations. Thank you for booking with Elios Clinics. We look forward to meeting you.

Costs at Elios Clinics

INITIAL CONSULTATION: £50
FOLLOW-UP CONSULTATIONS: £50
REPEAT PRESCRIPTIONS: FREE
COSTS OF MEDICATION: COST IS
DEPENDENT WHAT IS PRESCRIBED.



Time Line of appointments

Month 1: Submit assessment form and Initial Consultation

Month 2: Follow-up Consultation

Month 3: Repeat Prescription

Month 4: Repeat Prescription

Month 5: Check-up Consultation

Month 6: Repeat Prescription

Month 7: Repeat Prescription

Month 8: Check-up Consultation

Month 9: Repeat Prescription

Month 10: Repeat Prescription

Month 11: Check-up Consultation

Month 12: Repeat Prescription

As part of your ongoing medically-supervised treatment, to assess your response to the medication and make any necessary changes to your prescription, it is recommended to schedule a follow-up consultation one month after your initial consultation and then quarterly after that time, subject to your consultant's advice. A specialist nurse typically performs follow up consultations. Thank you for booking with Elios Clinics. We look forward to meeting you.



ABOUT CBPMs

At Elios Clinics, we offer CBPMs (Cannabis-Based Prescription Medicines) derived from the cannabis plant and have been legal to use as a prescription medicine in the UK since 2018. CBPMs are considered for various medical needs, particularly for people who have tried other treatments without success or have experienced intolerable side effects. Our expert consultants can help you decide if CBPMs are the right choice.

HOW DO CBPMs WORK?

CBPMs work on the endocannabinoid system, a signaling system that influences cognitive function, inflammation, blood pressure, and digestion. The cannabis plant contains over 100 cannabinoids, each of which can affect the body differently. THC (delta-9 tetrahydrocannabinol) and CBD (cannabidiol) are the principal cannabinoids used in medicine.



INSIDE CBPMs

At Elios Clinics, some of the CBPMs we prescribe are full-spectrum plant extracts, meaning they contain not only THC and CBD but also minor cannabinoids, terpenes, and other plant compounds. The cannabis plants used in our products are grown and extracted under strict conditions and tested to ensure they are free from pesticides, heavy metals, and other contaminants, including molds and aflatoxins. It's important to note that CBPMs should not be used if you have had a severe adverse reaction to cannabis or are allergic to any excipients listed in the product



RANGE OF PRODUCTS AVAILABLE

We offer a range of CBPM products at Elios Clinics to ensure that we can meet the needs of our patients.

THINGS TO CHECK IF YOU ARE ELIGIBLE FOR CBPMs

Before starting treatment with CBPMs, you must check with your consultant to ensure that you can take certain other medicines and seek advice if you are pregnant, breastfeeding, or planning to become pregnant or start breastfeeding.

STARTING TREATMENT

Our expert consultants prescribe CBPMs at Elios Clinics if they believe that the potential benefits outweigh the harms in a particular

condition at this stage of treatment and the risks associated with taking CBPMs.

In addition, our "start low, go slow" principle ensures that the dosage is gradually increased over the first weeks of use, helping to minimize the risk of side effects and identify the ideal dose for you.

THE FIRST DOSE

CBPM oil used orally has a slow and gradual onset of effects, so it's essential to take your first dose when advised by your consultant, usually when you can stay home until you know how your medicine will affect you.



WHAT TO EXPECT

CBPMs can have side effects like all medicines, which can be discussed during your consultation. Most side effects are mild and wear off within a few hours, and titration may continue upwards until effective symptom control is achieved with minimal side effects. If you have any concerns regarding side effects, please discuss this with your consultant.

SOME COMMON SIDE EFFECTS

When starting CBPMs, you may experience side effects:

- Dizziness
- Drowsiness
- Short-term memory loss
- Red eyes
- Dry mouth
- Hunger
- Nausea
- Fatigue
- Paranoia
- Anxiety
- Depression
- lack of energy or feeling weak or unwell
- constipation or diarrhoea
- stomach pain
- Having trouble concentrating
- Headache
- Low blood pressure
- Increased heartrate
- Diarrhoea
- Euphoria Blurred vision.

If you are prescribed a CBPM and experience any side effects, please report these to your consultant or through the clinic at Elios Clinics. Some people may have other side effects not yet known or mentioned in this leaflet.

Complaints policy

At Elios Clinics, we strive to provide our patients with compassionate and fair treatment. However, if you have any issues with your treatment, you can complain in person, over the phone, or in writing. We take all complaints seriously, as they are essential for continuous service improvements and patient safety. If you need help with making a complaint, please get in touch with our team for assistance.

Refund & Cancellation policy

We require the consultation fee to be paid in full to secure your booking and begin the complete eligibility check process. In addition, the fee includes a non-refundable deposit of £30 to cover our administrative costs for new consultations and consultations for transferring patients. Before booking a consultation, our team carries out an initial eligibility check. Once the consultation fee is paid, we commence a full eligibility check, which includes contacting your GP and reviewing your medical records. If we deem you ineligible for a medical cannabis consultation, based on our inclusion and exclusion criteria, we will refund the consultation fee minus the £30 deposit.

Cancellation of consultations is permitted with at least 48 hours notice by email or phone, and a refund will be given minus the £30 deposit. However, if the appointment is cancelled with less than 48 hours notice or if you fail to attend, we reserve the right to withhold the entire consultation fee.

You can cancel follow-up appointments with at least 48 hours notice by email or phone, and a full refund will be given. If the appointments cancelled with less than 48 hours' notice or if you fail to attend, we reserve the right to withhold the entire fee. We understand that unexpected circumstances may arise and will try our best to reschedule.