



Questions to ask any clinic

A checklist to take to a first appointment with any UK clinic that offers cannabis-based medicines, or to use when you're comparing clinics.

A well-run clinic will be glad you asked. Tick each question once you have an answer and jot it down. Nobody should mind you taking notes or bringing someone with you.

You don't have to decide anything on the day. Deciding this isn't the right route for you is a perfectly good outcome too.

Clinic _____

Date _____

Spoke to _____

1 Is the clinic registered?

- ☐ Which regulator are you registered with, and under what name?
- ☐ When were you last inspected, and where can I read the report?

How to check. The right regulator is the one for the nation the clinic is run from, not where you live. Search its register yourself:

England: Care Quality Commission, [cqc.org.uk/care-services](https://www.cqc.org.uk/care-services)

Scotland: Healthcare Improvement Scotland, [healthcareimprovementscotland.scot](https://www.healthcareimprovementscotland.scot) (find a provider)

Wales: Healthcare Inspectorate Wales, [hiw.org.uk/find-service](https://www.hiw.org.uk/find-service)

Northern Ireland: RQIA, [rqia.org.uk](https://www.rqia.org.uk)

2 Who makes the prescribing decision?

- ☐ Which doctor decides, and are they on the GMC Specialist Register in a specialty that fits my condition?
- ☐ Who else will I see (a nurse, a pharmacist), and who signs any later prescriptions?

How to check. By law, an unlicensed cannabis-based medicine can only be prescribed under the direction of a doctor on the GMC Specialist Register. Search the doctor's name on the GMC register at [gmc-uk.org](https://www.gmc-uk.org) and choose "Doctors on Specialist register".

3 How is the decision made?

- ☐ Will a clinician read my records before my appointment? What do you need from my GP?
- ☐ Does a team review the decision (a multidisciplinary review) before anything is prescribed? Who is on it?
- ☐ If you decide it isn't right for me, what happens next, and what do I still pay?

4 What happens at follow-up?

- ☐ When is my first follow-up, and how often after that? Is it booked before I leave?
- ☐ Who will I see at follow-up, and how long are the appointments?
- ☐ How will we judge whether it's helping, and when would we talk about stopping?

Many clinics review 2 to 4 weeks after a new medicine starts, then every few months.

5 Who do I contact between appointments?

- ☐ Who do I contact with a question or a side effect, how, and how quickly will they reply?
- ☐ What do I do out of hours or at a weekend?
- ☐ What happens if my medicine is out of stock?

You can report a side effect yourself to the MHRA Yellow Card scheme: [yellowcard.mhra.gov.uk](https://www.yellowcard.mhra.gov.uk)

6 What will it all cost?

Ask about	Cost	How often
First consultation	£	
Screening, review or admin fees	£	
Follow-up appointments	£	
Prescription fee	£	
The medicine (a realistic monthly figure)	£	
Delivery	£	
Membership or subscription	£	
Cancellation or missed appointment fee	£	
Anything else (letters, equipment)	£	
Total for the first three months	£	

- ☐ Can I use any pharmacy that can dispense it?
- ☐ Do you or your doctors have a financial link to a pharmacy or producer?



7 How will you keep my GP informed?

- ☐ Will you write to my GP about what's prescribed, why, and how it will be monitored?
- ☐ What happens if I'd rather you didn't tell my GP?

Doctors are expected to tell your GP about new medicines. If you don't want them to, they should explain the risks, and some won't prescribe without it.

8 How do I stop, pause or move?

- ☐ How do I stop or pause safely? Will you help me reduce the dose?
- ☐ Is there a minimum term, a notice period or an exit fee?
- ☐ If I move to another clinic, how do I get my records and a treatment summary?

9 What if I'm unhappy?

- ☐ How do I make a complaint, who deals with it, and how long does it take?
- ☐ If I'm still unhappy, where can I go next?

Scotland: a registered clinic's written complaints procedure must include Healthcare Improvement Scotland's name and address, and HIS accepts complaints directly. **England:** the CQC can't take up individual complaints but wants to hear about poor care. Ask whether the clinic belongs to an independent adjudication scheme such as ISCAS.

10 What happens to my information?

- ☐ Who sees my records, where are they kept, and who are they shared with (the pharmacy, registries, researchers)?
- ☐ Will my details be used for research or marketing, and can I say no?
- ☐ How long do you keep my records?

You can ask any clinic for a copy of your records. It's normally free, and they usually have one month to reply. Raise data worries with the clinic first, then the Information Commission (formerly the ICO) at ico.org.uk.

Warning signs

Slow down, ask more questions or walk away if you notice any of these.

- A prescription promised, or "you'll qualify", before anyone has looked at your records.
- Pressure to pay or sign up today: deadlines, countdowns, bundles.
- Upselling: extra products, stronger products or add-ons you didn't ask about.
- No named prescriber, or one you can't find on the GMC Specialist Register.
- No follow-up plan, and no named person to contact afterwards.
- No clear complaints route, or a clinic you can't find on its regulator's register.
- Being told you must use one pharmacy, with no clinical reason given.
- Being told to keep it from your GP, or to stop other treatment without your doctors talking to each other.
- Claims that it's natural so it's safe, has no side effects, or is guaranteed to work.

My notes

Sources, checked 12 October 2026

1. Misuse of Drugs Regulations 2001, regulation 16A: legislation.gov.uk/uksi/2001/3998/regulation/16A
2. GMC register: gmc-uk.org/registration-and-licensing/the-medical-register
3. GMC, Good practice in proposing, prescribing, providing and managing medicines and devices, paragraphs 30, 31 and 55: gmc-uk.org/professional-standards
4. Registers: cqcl.org.uk/care-services; healthcareimprovementscotland.scot; hiw.org.uk/find-service; rqia.org.uk
5. SSI 2011/182, regulation 15 (complaints in Scotland): legislation.gov.uk/ssi/2011/182/regulation/15
6. HIS, Choosing an independent health care service; CQC, Complain about a service or provider; ISCAS: iscas.cedr.com
7. MHRA Yellow Card: yellowcard.mhra.gov.uk
8. Information Commission, Getting copies of your information: ico.org.uk/for-the-public
9. Medical Cannabis Clinicians Society, Good Practice Guide for Prescribers of CBPMs, July 2026 (review intervals, choice of pharmacy): ukmccs.org