

Cannabinoid Hyperemesis Syndrome

CHS or “Scromiting”

The term combines “vomiting” and “screaming.” You may have intense pain, which causes you to scream while you vomit.

Cannabis hyperemesis syndrome (CHS) is a condition that leads to frequent and severe nausea and vomiting, or scromiting. It can occur with any THC use, and most frequently in daily, long-term users of high potency THC products.

CHS Symptoms:

- Abdominal pain
- Persistent nausea
- Severe vomiting or scromiting
- Loss of appetite
- Weight loss
- Dehydration

“After heavy THC use for two years, my son started with extreme stomach pain. Then, vomiting, mostly in the morning. When he stopped using THC, it went away within a few days. The next time he started using, it came on much faster and was more intense.”

CHS Causes: Using high potency THC products at least once a day can result in CHS. Although the exact cause of CHS is unknown, scientists believe long-term overstimulation of endocannabinoid system receptors may undermine the body’s natural control of nausea and vomiting.

CHS Outcomes: Complications from CHS can include dehydration, electrolyte imbalance, malnutrition, weight loss, tooth decay, seizures, abnormal heart rhythm, kidney failure, and even swelling of the brain.

CHS Diagnosis: There is no test to confirm a diagnosis of CHS. Symptoms used to diagnose it include chronic high-potency THC use, abdominal pain, and scromiting. Taking long, hot showers or baths in order to get relief from the vomiting and abdominal pain is a strong indicator of CHS.

CHS Treatment: Treatment for CHS involves stopping THC use completely. Although symptoms may persist for a few weeks, they will eventually disappear, with most people feeling relief within 10 days.

CHS Prevention: The only proven way to prevent CHS is to stop using all THC products.

“Although the exact number of people with CHS is unknown, based on emergency department surveys, CHS is estimated to affect about 2.75 million people in the US yearly. From 2017 to 2021, emergency department visits for CHS doubled in the US and Canada and were most common among males aged 16 to 34 years.”*

If you use any kind of product containing THC and have persistent vomiting, TALK TO YOUR DOCTOR.

nida.nih.gov/research-topics/cannabis-marijuana
pubmed.ncbi.nlm.nih.gov/39115834/
jamanetwork.com/journals/jama/fullarticle/2824833 *

