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Backdoor Medicine: an Easy DIY Cannabis Suppository Recipe (with 3 uses!)

ABOUT ME



I'm Corinne and I'm a Cannabis Coach, home cannabis cook and bad joke writer. Welcome to my love child, Wake + Bake! [Read More...](#)

Corinne Tobias



I've been dying to share this Cannabis Suppository recipe with you for months. I've been sitting on it (so to speak) but now that [Dazed + Infused](#) is finished, I couldn't wait another second.

Ladies... if you experience cramping and aching during your period, I have a remedy for you.

And ladies... if you'd like a deeply sensual weed lube alternative, this is just the thing.

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Cannabis suppositories are gaining in popularity in dispensaries and are being used as treatment for vaginal issues and as a way to use smokeless cannabis without “tripping balls” while reportedly delivering a higher concentration of cannabinoids into your bloodstream.

As a weed lube alternative, these suppositories allow you to apply cannabinoids “all up in there” which is incredible and seems to last much longer than the other weed lubricants I've shared in the past.

As a rectal application, they allow you to quickly absorb higher therapeutic doses of medicinal cannabis compounds without getting insanelly intoxicated.

This simple cannabis suppository recipe is versatile and can be effectively used vaginally *and* rectally.

And I've personally been taken aback (pun!) at how incredible and effective cannabis suppositories can be when applied rectally.

It may make you want to giggle throughout this entire post, but this is some serious medicine that I believe could help lots of people who avoid cannabis because they don't want a psychoactive experience.



Dazed + Infused ebook

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So before we begin, I want to implore you to put the giggles aside for a second and keep an open mind. I think cannabis suppositories for rectal use may be the future of medical marijuana for many patients.

For the past couple of months, I've been excitedly recommending these to folks who don't have much experience with cannabis and to people who don't enjoy the psychoactive effects of THC.

But let's be honest... the “rectal cannabis” discussion is an uncomfortable conversation to have with *anyone*... even with clients who hire me to do this kind of thing. I hope that like cannabis itself, the rectal administration of cannabinoids loses its stigma very soon. And I hope this post can help in some way.

I also hope you all noticed how I'm using the word rectal and haven't used the phrase “up the butt” even once yet.

I'm a professional, guys.



Cannabis suppositories are a convenient way to get cannabinoids into those hard to reach places where the sun doesn't shine.

They're inexpensive to make and store for a very very long time.

When used rectally, suppositories are an excellent way to administer therapeutically high amounts of THC while avoiding some of the [negative side effects that can come with large doses of THC](#).

Making marijuana suppositories is an incredibly easy process.

How Cannabis Suppositories Work



When applied vaginally, they're basically a topical treatment. There is little absorption into the blood stream, but the localized effects include increased sensitivity and relaxed pelvic muscles.

While rectally, they work completely different, and bring up another big benefit of cannabis suppositories — They work fast. Suppositories work with the lining in your colon to spread their healing magic quickly through nearby organs and into the bloodstream.

How to Use Cannabis Suppositories

Vaginally for pain: The standard operating instructions for suppositories is to first wash your hands, then lie down and insert it into your vagina as deeply as you comfortably can. Obviously, as the ingredients warm with your body temperature, they are going to start to melt, so I would suggest using them at bedtime with pantyliner. (Don't use tampons with suppositories – it'll absorb all the good stuff before you do!)

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cannabinoids. Some tips... go to the bathroom first and empty your colon. Wash your hands, then insert the suppository as far as you can comfortably. You can use a little extra coconut oil to help the process. For the sake of everyone, everywhere... wash your hands when you're done!

Choosing a Suppository Mold



******Update: suppository molds seem to be the most transitory products on the planet. They sell out and disappear within months. You can make your own with aluminum foil (see below) or can [search amazon for suppository molds](#) to see what comes up today. I use the ice cube trays from Bkr, which are not currently available on amazon but can be found [on their website](#).***

expensive metal suppository mold when I couldn't find anything else last year. But those are bulky and only make 12 suppositories with each use.

I put on my thinking cap and searched for months and months until I found this specialized ice cube tray that is PERFECT... seriously... PERFECT for making inexpensive suppositories. I ordered two of them to make bigger batches and the recipe below makes 3-4 of these trays.

Cannabis Suppository Recipe

- In a double boiler or makeshift double boiler over med-high heat, melt:
 - 1/2 cup cannabis coconut oil / hash infused coconut oil or 1 gram cannabis concentrate for stronger suppositories- check the Wake + Bake THC dosage calculator to find out how much THC will be in each suppository
 - 1/2 cup Cocoa Butter (I use this one)
 - 200mg+ CBD Oil (optional, but recommended)
- Stir occasionally until combined.
- Pour Into silicon molds (after a lot of searching and testing, these ones are perfect) or make your own suppository molds (see below).
- Place in the fridge until solid. Cut into 1"-2" pieces. Store in the freezer for up to 6 months.

Make your own suppository molds

I love the mold that I found because it's really convenient for making lots of suppositories and you can reuse the mold for ice cubes or gummies. If you really want to make these this very second, you can make your own suppository molds using aluminum foil and a long wooden spoon handle.

- Wrap a 6 inch wide piece of aluminum foil around the handle of a long wooden spoon handle 2-3 times.
- Remove the handle while carefully keeping the aluminum foil tube in tact.
- Seal one end of the foil by rolling it until completely sealed.
- Pour the cannabis suppository mixture in.
- Keep making diy molds until you've used all of your suppository mixture.
- Place the molds in a small cup in the fridge or freezer until solid.
- Unwrap the suppositories. Cut into 1-2" pieces and store in the fridge or freezer.

Let us know how it goes! (Maybe without all the details, though!)

Much Love,

Corinne

puff puff pass:



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rectally has proven benefits. We'll discuss them here.

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