

## Cannabis Use During Pregnancy

Cannabis (also known as marijuana, THC, weed, pot, and dope) use during pregnancy can be harmful to your baby's health. This is true no matter how you use it, including smoking, vaping, dabbing, eating, drinking, or through lotions. Any amount of cannabis use during pregnancy may harm your baby's health. Cannabis use during pregnancy can cause health problems in newborns including lower birth weight and abnormal neurological development.

Cannabis can pass through the pregnant person's bloodstream, which is what gets them "high". This also passes through to the baby, which is what can cause negative effects to them. Cannabis use may be associated with growth restriction, stillbirth, spontaneous preterm birth, neonatal intensive care unit (NICU) admission. It may also increase the risk of pregnancy complications.

If you are using cannabis or CBD and are pregnant, planning to become pregnant, or are breastfeeding, talk to your doctor, midwife, or healthcare professional about how to quit.



## Cannabis Use & Breastfeeding

Use of cannabis while breastfeeding can allow chemicals harmful to the baby to pass from the mother to the infant through breast milk or secondhand smoke exposure. To limit potential risk to the infant, breastfeeding mothers should be advised not to use cannabis or products containing THC or CBD in any form (smoking, edibles, lotions, etc.) while breastfeeding.

Those who drink alcohol and pump their milk then dump it ("pump and dump" method) does not apply to those who use cannabis while breastfeeding. Cannabis stays in the body far longer than alcohol does, so it is not safe to use it even with time between use and breastfeeding. THC can be stored in the body at and is slowly released over time, which is why THC can be passed to the baby at any time, even when not currently using.



## Second Hand Smoke

Secondhand cannabis smoke can be dangerous for babies and children in the same way that secondhand tobacco smoke is. Secondhand cannabis smoke exposure to children may cause permanent effects on their memory, attention span, problemsolving skills and self-control.

If you are going to smoke cannabis, there are ways to reduce risks to your child. It is important to not smoke cannabis around your child, even in a ventilated area. Even if your child is not directly around, do not smoke somewhere they will be, such as inside your home or car. If you smoke, change your clothes and wash your hands as smoke lingers.

Protect your child from cannabis smoke in the same way that you would protect them from tobacco smoke. If you are going to use cannabis, safer options to your child are to use edibles or other smokeless forms of cannabis and secure edibles in a locked bag away from children.



## What to Use for Discomfort

Many pregnant people use cannabis during pregnancy because of discomfort. However, there are many safer ways to ease pain, nausea, and discomfort that do not harm the baby and are doctor-approved.

**Nausea:** Drink liquids between your meals, not during them. Go easy on greasy or spicy foods. Try ginger or lemon. Take prenatal vitamins with food. Eliminate harsh odors around you. Activity may decrease nausea.

**Heartburn:** Reduce acidic foods like tomatoes or caffeinated drinks like pop and coffee or carbonated drinks. Avoid spicy or harsh foods. Avoid laying down after meals. Avoid smoking or second-hand smoke.

**Do not take antacids, medication, or home remedies until you check with your healthcare provider first.**

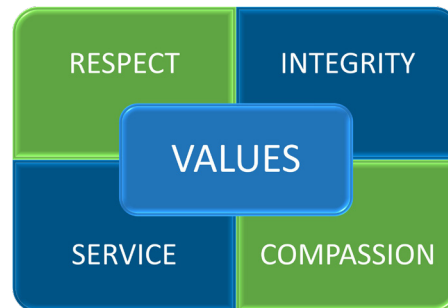


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We take action to protect, maintain and improve the health of our community.

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## Cannabis Conversations

**Using While Pregnant,  
Breastfeeding, or Planning**