



CANNABIS USE DURING PREGNANCY & BREASTFEEDING

Pregnancy and parenthood can be an exciting time but also a critical time for your baby's growth and development. To make sure your baby has the best start to life, and is as healthy as possible, we recommend that you **do NOT use cannabis while you are pregnant or breastfeeding your new baby.**

Current research shows that cannabis use — especially marijuana use — during pregnancy may be connected to stillbirth, birth before your due date, or your baby not gaining weight normally. In addition, cannabis use during pregnancy and while breastfeeding may poorly impact your baby's brain development resulting in future development problems.

WHAT IS KNOWN ABOUT CANNABIS USE DURING PREGNANCY & BREASTFEEDING

It is not safe for you to use cannabis while pregnant or breastfeeding.

THC, the active ingredient in cannabis that gives you a "high," can travel from you to your baby through the placenta (the organ that gives your baby nutrients and oxygen) and stay in your baby's body for many days to weeks. After birth, while breastfeeding — the healthiest way to feed your baby — whatever you eat, drink, or smoke, including cannabis, can also transfer to your baby.

- **No amount of cannabis is safe for your baby**, that includes eating, smoking, or vaping cannabis
- **Cannabis may impact how your baby's brain develops**, making it difficult for him/her to succeed in school or causing behavioral problems
- If you use cannabis while you are pregnant, **your baby may have abnormal growth**
- Cannabis can stay in your body for a long time even after you stop using cannabis so **"pumping and dumping" breast milk does not work**
- Cannabis use may impair your ability to care for your baby in general because of drowsiness and **cause breastfeeding difficulties**

WHAT IS RECOMMENDED

If you are currently using cannabis, talk to your doctor about how you can reduce or eliminate its use.

- Ask your doctor about other pain, nausea, or anxiety relief methods while you are pregnant or breastfeeding
- If cannabis is in your home, make sure it is stored in a place a child or pet cannot reach. Second-hand smoke can also affect your baby

FOR MORE INFORMATION VISIT:

- University of Utah Health & Medical Marijuana
- The American College of Obstetricians and Gynecologists
- CDC — Marijuana Use and Pregnancy



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