

# Information About Using Marijuana While Pregnant or Breastfeeding

We think it's important for you to know the risks of using marijuana while you're pregnant or breastfeeding. Then, you can make the best decisions to help keep you and your baby safe.

Researchers haven't been able to find out whether any amount of marijuana is safe for people who are pregnant or breastfeeding.

**That's why it's best not to use marijuana while you're pregnant or breastfeeding.** This means you shouldn't—

- smoke marijuana
- eat products that have marijuana in them

## Why isn't marijuana safe?

- Marijuana isn't tested or regulated.
  - That means it can have other drugs, mold, bacteria, or chemicals like pesticides in it.
- Marijuana has many of the same dangerous chemicals as tobacco.
  - These chemicals can be dangerous for pregnant and breastfeeding moms and their babies.

## How do marijuana and the chemicals in marijuana get to the baby?

- If you're pregnant, the chemicals in marijuana cross the placenta. The placenta's job is to give the baby nutrients from his or her mom. So if you use marijuana, it will get to the baby.
- If you're breastfeeding, the chemicals in marijuana get into your breast milk. When the baby drinks your breast milk, he or she will also drink the chemicals in marijuana.



## How can marijuana affect the baby?

- It can negatively change how the baby's brain works and develops.
  - It can delay or block the baby's ability to learn and understand things.
  - It can lessen coordination in the baby's movements and vision.
  - It can lessen the baby's ability to solve problems.
  - It can lessen the baby's attention span.
  - It can increase the baby's sensitivity to drugs.
- If you use marijuana while you are pregnant, your baby might be able to feel the effects of marijuana. This might be uncomfortable for the baby.
- Using marijuana (or cigarettes) cuts off some of the oxygen that the baby needs. This may cause issues like low birth weight, pre-term birth, miscarriage, and stillbirth.

## How does marijuana affect me?

Using marijuana often can have long-term effects on your heart, lungs, and mental health.

## What's the Bottom Line?

Stay safe and healthy! Avoid using marijuana if you're pregnant or breastfeeding!

**Marijuana has chemicals that are dangerous for moms and their babies.**



## Questions? Call Us!

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