

CANNABIS USE AND PREGNANCY

► What you need to know



▼ What are the potential health effects of using cannabis during my pregnancy?

Cannabis use during pregnancy can be harmful to your baby's health.¹ The chemicals in cannabis (in particular, tetrahydrocannabinol or THC) pass through your system to your baby and may harm your baby's development.²

Although more research is needed to better understand how cannabis may affect you and your baby during pregnancy, it is recommended that pregnant persons do not use cannabis.^{3,4}

- Some research shows that using cannabis while you are pregnant can cause health problems in newborns, including lower birth weight and abnormal neurological development.¹
- Breathing cannabis smoke can also be bad for you and your baby. Secondhand cannabis smoke contains many of the same toxic and cancer-causing chemicals found in tobacco smoke.⁵ THC, the psychoactive or mind-altering compound in cannabis, may also be passed to infants through secondhand smoke.⁶

Fast Facts

- Using cannabis during pregnancy may affect your baby's development and put you at risk of pregnancy complications.¹
- Between 2016–2017 in the United States, 7% of pregnant persons reported using cannabis in the past month.⁷
- Cannabis may be bad for your baby no matter how you use it—this includes smoking, vaping, dabbing, eating or drinking, and applying creams or lotions to the skin.
- The potential health effects of using cannabidiol (CBD) products during pregnancy are currently unknown.
- If you are using cannabis and are pregnant, planning to become pregnant, or are breastfeeding, talk to your doctor.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

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▼ Can using cannabis during my pregnancy affect my baby's development after birth?

Although scientists are still learning about the effects of cannabis on developing brains, studies suggest that cannabis use by persons during pregnancy could be linked to problems with attention, memory, problem-solving skills, and behavior in their children later in life.⁸⁻¹³

▼ Does using cannabis affect breastfeeding?

The health effects of a breastfeeding person's use of cannabis on their infant or baby are not yet fully known. We do know that chemicals from cannabis can be passed to a baby through breast milk.¹⁴ THC is stored in body fat and is slowly released over time, meaning a baby could still be exposed even after a person has stopped using cannabis. Thus, persons who are breastfeeding are encouraged to avoid all cannabis use.¹⁴



LEARN MORE:

Substance Use During Pregnancy
tinyurl.com/CDC-Pregnancy-SubstanceUse
FAQs on Marijuana and Pregnancy
bit.ly/ACOG_marijuana_pregnancy
CDC's Marijuana and Public Health
cdcmarjuanafaq@cdc.gov

LOCAL RESOURCES:

BH Link
 Call or text 988, or chat at 988lifeline.org/chat
bhlink.org
Marijuana Anonymous Meetings
 Call 1-800-766-6779
tinyurl.com/MA-Meeting

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