



# Cannabis and Pregnancy & Breastfeeding

## Is cannabis risky to use when I'm pregnant or breastfeeding?

- **There is no known safe amount of cannabis use during pregnancy or while breastfeeding.** If you use cannabis, you may be putting your health and your baby's health at risk. This includes smoking, eating and vaping cannabis.

## What if I'm using cannabis for a medical condition?

- Just because cannabis is a plant, this does not mean it is safe to use. Ask your doctor about safer options to treat your medical condition or pregnancy symptoms, such as morning sickness, nausea, stress, and pain.

## How can cannabis affect my baby?

- Tetrahydrocannabinol or THC – the part of cannabis that makes you feel high – passes to your baby during pregnancy and breastfeeding. More research is needed, but babies exposed to THC may have problems feeding and long-term problems paying attention and learning.\*
- THC can stay in breast milk for several weeks. "Pumping and Dumping" does not work.
- Cannabis can also impair your judgment, alertness, and reaction time as a parent. You need these skills to safely care for your child.

***Talk to your Ob-Gyn or healthcare provider if you're thinking about becoming pregnant, are currently pregnant, or are breastfeeding and you need help to stop using cannabis.***

\* The American College of Obstetrics and Gynecologists and the American Academy of Pediatrics recommend NOT using any type of cannabis (including CBD) while pregnant or breastfeeding.

