



Marijuana Use During Pregnancy

Marijuana and Pregnancy

Marijuana (cannabis) is a drug that is often used for its psychoactive or medicinal effects; it is the most commonly used drug in the United States. In 2019, 1 in 15 women in Michigan reported using marijuana while pregnant.

While medical marijuana may offer benefits to some adults, an unborn baby's exposure to marijuana may cause long-term, negative effects. Although more research is needed to determine exactly how marijuana affects women and their unborn babies, it is recommended that pregnant women **do not** use any amount of marijuana.

Effects on Baby

THC (tetrahydrocannabinol) is the chemical found in cannabis that gives the feeling of being high. The THC in marijuana can pass through a woman's system, to her baby, while she is pregnant.

An unborn baby's exposure to THC can cause issues such as:

- Low birth weight and growth restriction
- Preterm birth
- A greater risk of still birth
- Long term brain development issues affecting memory, learning, and behavior

Because these effects may occur with marijuana use, **no amount** of marijuana is safe to use during pregnancy; this includes marijuana in any form (edibles, smoking, vaping, creams, lotions, etc.).

Medical Marijuana

Using marijuana medicinally is becoming more common, as many states in the United States are legalizing medical marijuana for conditions, such as chronic pain and Crohn's disease. Women who used marijuana for a medical condition before they became pregnant should consult their doctor and weigh the risks of exposing their baby to marijuana with the medical benefits of using marijuana.

Pregnant women should also avoid using marijuana to self-medicate or manage nausea symptoms. Pregnant women with severe nausea should work with their doctor to find a solution safe for both mom and baby.

Marijuana Use During Breastfeeding

Data cannot say for sure whether it is safe for mothers to use marijuana while breastfeeding.

However, THC is stored in fat, and can be released in breast milk for up to 6 weeks after you stop using marijuana. "Pumping and dumping" has no effect on the amount of THC found in breast milk.

Recommendation: Limit potential risk to your baby by not using marijuana or marijuana containing products in any form, including CBD.

