

IS IT SAFE TO USE CANNABIS WHILE YOU ARE PREGNANT OR BREASTFEEDING?

The short answer: **No**, using cannabis while you are pregnant or breastfeeding may harm your baby. Please choose not to use.



THC IS PASSED TO THE BABY

THC, the chemical in cannabis that gives a user the "high" effect, can be passed to your baby if you use cannabis in any form (smoked, edibles, vapes, etc.) during pregnancy or while breastfeeding. Studies have found that **THC can stay in breastmilk for up to six days** after cannabis was consumed.



NEGATIVE EFFECTS ON THE BABY

A baby that is exposed to cannabis before they are born may have problems with **brain development, lower birth weight, may be born prematurely**, and could develop other **behavioral or learning problems**, especially as they grow older. This could make it harder for a child to do well in school.



NOT PROVEN TO BE SAFE

To date, no research shows a safe amount of cannabis use while pregnant or breastfeeding. **Although cannabis is natural, that does not make it safe.** Not all natural substances or plants are safe; tobacco and poisonous berries are other examples.



TALK TO HEALTHCARE PROFESSIONALS

Talk to your healthcare provider about cannabis use during pregnancy or while breastfeeding. There are still many unknowns, but **healthcare providers can help you sort through the research.**

SMOKE IS SMOKE

Cannabis and tobacco smoke have many of the same toxic chemicals. **Breathing any smoke is bad for you and your baby**, so you should not allow anyone to smoke in your house or around your kids.



TRY OTHER OPTIONS

Using cannabis to help with morning sickness, backaches, and other health issues is not recommended during pregnancy or while breastfeeding. **Talk to your healthcare provider about other options that are safer for your baby.**



RESOURCES

Visit these websites for more information and research:

- GoodToKnowMaine.com
- US Centers for Disease Control & Prevention: cdc.gov/marijuana/factsheets/pregnancy.htm#11



Make the safest choice for your baby. Choose not to use cannabis while pregnant or breastfeeding.

