

CANNABIS AND YOUR BABY



Is it safe to use cannabis (also known as marijuana, weed, pot) while pregnant or breastfeeding (providing human milk)?

Cannabis used in any form, including smoked, vaped, or consumed in candy, food, or drinks, may affect you and your baby's health.

Even though cannabis is legal for Minnesotans 21 and older, that doesn't mean it's safe to use.

GET THE FACTS

We know you want to make the best choice for you and your baby. While there is still a lot we don't know about the health effects of cannabis, here is what we do know:

› **Using cannabis is not recommended while pregnant or breastfeeding.**

The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend you stop using cannabis during pregnancy and breastfeeding.

› **What you put in your body can pass to your baby.**

Using cannabis may harm your baby's development and increase the risk of:

- Baby being born too small or too early.
- Stillbirth or infant death.
- Learning, behavioral, or other health problems.

› **Cannabis is stored in body fat for weeks.**

Some cannabis chemicals can stay in your milk even after you stop use. Pumping and dumping milk is not effective when it comes to cannabis use.





› **Using cannabis during your pregnancy can increase your risk of complications**, including:

- Gestational hypertension (high blood pressure)
- Preeclampsia
- Placental abruption (placenta detaches from the uterine wall)
- Gestational diabetes

› **The more you use cannabis, the more you increase your health risks**, especially if you also smoke cigarettes.

REDUCE POTENTIAL HARM

- › If you plan to use cannabis, arrange for childcare. Cannabis can cause slower reactions, dizziness, confusion, and trouble concentrating. Being high while caring for a child is not safe.
- › Avoid secondhand cannabis smoke exposure. Those who smoke should smoke outdoors as much as possible to prevent a child's exposure.
- › Do not drive after using cannabis. Do not let your child ride in a car if the driver is high.
- › Store cannabis products in a locked area your child cannot access.
- › If you have been using cannabis to manage medical issues, talk to your health care provider about other treatments during pregnancy.

SUPPORT OPTIONS

If you or a loved one would like to talk about reducing or stopping cannabis use, there are resources that can help.

- › Talk to your health care provider for referrals.
- › Visit the Fast Tracker (fasttrackermn.org) webpage or call **651-426-6347** to find substance use disorder services near you. Includes Tribal providers.

