

# Can I use cannabis during pregnancy or while breastfeeding?



**No amount of cannabis (marijuana) or products made from cannabis are safe to eat, drink, smoke, vape, or come in direct contact with during pregnancy or while breastfeeding.**

Pregnancy is a critical time for your baby's growth and development. It's important to make sure your baby is as healthy as possible.

Some studies show that people who use cannabis regularly have a higher risk for some pregnancy complications:

- Stillbirth
- Preterm birth (having your baby before your due date)
- Low birth weight

We don't have enough information about using cannabis while breastfeeding to know if it will affect your baby. To be safe, doctors and health organizations recommend not using cannabis while breastfeeding. Some studies show that using cannabis regularly while breastfeeding can decrease milk supply.

## Why isn't cannabis safe to use during pregnancy or while breastfeeding?

No amount of cannabis or products made from cannabis are safe to eat, drink, smoke, vape, or come in direct contact with during pregnancy or while breastfeeding.

All forms of cannabis travel from you to your baby through the placenta (the organ that gives your baby nutrients and oxygen) or through your breast milk. Cannabis stays in your body for many days. You should wait several days after using cannabis or products made from cannabis before you breastfeed. The amount of cannabis in your breast milk only decreases over time as the cannabis leaves your body.

You can pump your milk and throw it away if your breasts feel uncomfortable while you're waiting to breastfeed your baby. Pumping your breast milk while you wait will help keep your milk supply high, too.

## What kind of products are made from cannabis?

There are many products that you can buy that are made from cannabis but don't have THC (the ingredient in cannabis that gives you a "high.") **They still aren't safe to use during pregnancy or while breastfeeding.**

Products made from cannabis are sold in many forms like food or supplements. They can include food, drinks, pills, oils, lotions, bath products, and vape cartridges.



## What if I use cannabis for medical conditions?

Talk to a doctor or an expert at MotherToBaby about using cannabis for medical conditions during pregnancy and while breastfeeding. MotherToBaby can also answer questions about supplements, over-the-counter medications, prescription medications, and more.

### MotherToBaby

- Call: 866-626-6847
- Text: 855-999-3525
- Chat: <https://mothertobaby.utah.gov/>
- Email: [expertinfo@mothertobaby.org](mailto:expertinfo@mothertobaby.org)

