

Cannabis use during pregnancy and breastfeeding

Pregnancy and parenthood can be an exciting time and critical time for your baby's growth and development. To make sure your baby has the best start to life, and is as healthy as possible, we recommend that you **do not use cannabis while you are pregnant or breastfeeding your new baby.**

Current research shows that cannabis use — especially marijuana use — during pregnancy may be connected to stillbirth, birth before your due date (pre-term birth), or your baby not gaining weight normally. Cannabis use during pregnancy and while breastfeeding may impact your baby's brain development resulting in future development problems.

Studies show it's not safe to use cannabis while you are pregnant or breastfeeding.

THC, the active ingredient in cannabis that gives you a “high” can travel from you to your baby through the placenta (the organ that gives your baby nutrients and oxygen) and stay in your baby's body for many days to weeks. It's also not safe to use cannabis while breastfeeding because whatever you eat, drink, or smoke, including cannabis, can transfer to your baby.

- No amount of cannabis is safe for your baby, that includes eating, smoking, or vaping cannabis.
- Cannabis may impact how your baby's brain develops, making it difficult for him/her to succeed in school or causing behavioral problems.
- Your baby may have abnormal growth if you use cannabis while you are pregnant.
- Cannabis can stay in your body for a long time even after you stop using cannabis so “pumping and dumping” breast milk does not work.
- Cannabis use may impair your ability to care for your baby in general because of drowsiness and can also make it harder to breastfeed.



A woman looks at her baby while breastfeeding.

Talk to your doctor about stopping or using less cannabis while you are pregnant or breastfeeding.

- Ask your doctor about other ways to help with pain, nausea, or anxiety.
- If cannabis is in your home, make sure it is stored in a place a child or pet cannot reach. Second-hand smoke can also affect your baby.

Resources

- University of Utah Health & Medical Marijuana
- The American College of Obstetricians and Gynecologists
- CDC — Marijuana Use and Pregnancy



Utah Department of
Health & Human Services
Center for Medical Cannabis

