

Marijuana Use During Pregnancy

Marijuana (also known as cannabis, THC, weed, pot, and dope) use during pregnancy can be harmful to your baby's health. This is true no matter how you use it, including smoking, vaping, dabbing, eating, drinking, or through lotions.

Any amount of cannabis use during pregnancy may harm your baby's health. Although more research is needed to better understand how marijuana may affect you and your baby during pregnancy, it is recommended that anyone who is pregnant not use marijuana.

Marijuana can pass through the pregnant person's bloodstream, which is what gets them "high". This also passes through to the baby, which is what can cause negative effects to them.

Harmful effects of cannabis use during pregnancy may affect the baby's development such as health problems, preterm birth, lower birth weight, and unusual brain development. It may also increase the risk of pregnancy complications.

The potential effects of using cannabidiol (CBD) products while pregnant are currently unknown and are not recommended.

If you are using marijuana or CBD and are pregnant, planning to become pregnant, or are breastfeeding, talk to your doctor, midwife, or healthcare professional about how to quit.



Marijuana Use and Breastfeeding

Use of marijuana while breastfeeding can allow chemicals harmful to the baby to pass from the mother to the infant through breast milk or secondhand smoke exposure. To limit potential risk to the infant, breastfeeding mothers should be advised not to use marijuana or products containing THC or CBD in any form (smoking, edibles, lotions, etc.) while breastfeeding.

Those who drink alcohol and pump their milk then dump it ("pump and dump" method) does not apply to those who use cannabis while breastfeeding. Cannabis stays in the body far longer than alcohol does, so it is not safe to use it even with time between use and breastfeeding. THC can be stored in the body fat and is slowly released over time, which is why THC can be passed to the baby at any time, even when not currently using.

Current data on the effects of marijuana and CBD exposure to the infant through breastfeeding are limited and more research needs to be done.

Secondhand Smoke and Children

Secondhand marijuana smoke can be dangerous for babies and children in the same way that secondhand tobacco smoke is. Secondhand marijuana smoke exposure to children may cause permanent effects on their memory, attention span, problem-solving skills and self-control.

If you are going to smoke marijuana, there are ways to reduce risks to your child. It is important to not smoke marijuana around your child, even in a ventilated area. Even if your child is not directly around, do not smoke somewhere they will be, like inside your home or car. After you smoke, change your clothes, and wash your hands as smoke lingers.

Protect your child from cannabis smoke in the same way that you would protect them from tobacco smoke. If you are going to use cannabis, safer options to your child are to use edibles or other smokeless forms of marijuana and secure edibles in a locked bag away from children.





What to Use for Discomfort

Many pregnant people use marijuana during pregnancy because of discomfort. However, there are many safer ways to ease pain, nausea, and discomfort that do not harm the baby and are doctor-approved.

Nausea: Drink liquids between your meals, not during them. Go easy on greasy or spicy foods. Try ginger or lemon. Take prenatal vitamins with food. Eliminate harsh odors around you. Activity may decrease nausea.

For Heartburn: Reduce acidic foods like tomatoes or caffeinated drinks like pop and coffee or carbonated drinks. Avoid spicy or harsh foods. Avoid laying down after meals. Avoid smoking or second-hand smoke.

Do not take antacids, medication, or home remedies until you check with your healthcare provider first.

Resources

Scan the QR code for resources used to create this pamphlet.



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