

Marijuana During Pregnancy and Breastfeeding

Experts do not know if there is a safe amount of marijuana to use during pregnancy or breastfeeding. It is best not to use marijuana while you are pregnant or breastfeeding, just as you should avoid alcohol and tobacco.

THC (tetrahydrocannabinol) is the chemical in marijuana that makes you feel high. THC can pass through your placenta or breastmilk to your baby.

Marijuana is legal in Washington state for adults over the age of 21, but that does not mean it is safe to use during pregnancy or breastfeeding.

Pregnancy

- Marijuana crosses the placenta from your blood stream to your baby. Pregnancy is an important time for your baby's brain to grow and develop. Some studies suggest that your baby's brain and nerve development may be affected by marijuana.
- Talk to your health care provider early in pregnancy about any marijuana use. It is best to stop using marijuana while you are pregnant.

Breastfeeding

- We know THC passes through breastmilk and may affect your baby. It is best not to use marijuana at all while breastfeeding.
- Breastfeeding is healthy for both mom and baby. Breastmilk provides the best nutrition for your baby. If you have questions about breastfeeding, talk to your health care team. We want to support you in breastfeeding your baby.

SAFETY AND SELF CARE

- Being under the influence while caring for a baby is not safe.
- Make sure no one uses marijuana while taking care of your baby.
- Marijuana can make you sleep soundly. It is not safe for your baby to sleep with you, especially if you are using marijuana.
- It is not safe for your baby to ride in a car with somebody that is using marijuana.
- Store marijuana products in a secure place where no one will accidentally take them.
- If your baby swallows a marijuana product, call 911 or go to an emergency room right away.

Frequently asked questions

Is it bad for my baby to be around marijuana smoke?

- Yes. Marijuana smoke has many of the same chemicals as cigarette smoke, and some of the chemicals can cause cancer. Keep your baby away from any type of smoke even if you are not the one smoking.

What if I use marijuana without smoking it?

- Some people think that "vaping" and eating marijuana (edibles) is safer than smoking marijuana. While vaping and eating marijuana avoid smoke, they still contain THC which can be passed to your baby during pregnancy and breastfeeding.

Marijuana is used as a medicine, so how can it harm my baby?

- Marijuana is sometimes prescribed when the benefits of the drug are greater than the risks. It is important to tell your provider about the medicines, vitamins, supplements and herbal products you take including marijuana, especially while pregnant or breastfeeding. Talk to your health care provider about safe alternatives to medical marijuana.
- CBD (cannibidiol) products do not contain THC and will not make you feel high. This doesn't mean they are safe to use during pregnancy or breastfeeding.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY: 711)

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Please note that this tool is not appropriate for all care providers and is not meant to elicit controversy. Local standards, rules and regulations should be taken into consideration before adopting or adapting any family education resources in your setting.

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