



# CANNABIS

## BEFORE, DURING and AFTER Pregnancy

### »» FAST FACTS

- Using cannabis (also called marijuana, weed, or pot) during pregnancy may increase your baby's risk of developmental problems.
- The chemicals in any form of cannabis (smoking, second hand smoke, vapour, edible, etc.) may be harmful for your baby.
- Cannabis is not recommended as a treatment for nausea/vomiting during pregnancy.
- If you use cannabis and are pregnant or planning a pregnancy, talk to your Healthcare Provider.

**There is no known safe amount or time for cannabis use in pregnancy or when breastfeeding.**



### FERTILITY

>> Studies have shown that heavy cannabis use is linked to:

- Changes to the menstrual cycle of women
- Low sperm count and poor sperm quality in men



### PREGNANCY

>> Cannabis contains over 400 chemicals including THC – the chemical that makes you feel “high”.

These chemicals **can pass from your body to your baby** when you are pregnant and may be harmful.

>> Cannabis smoke contains many of the same harmful chemicals as cigarette smoke. Smoking lowers the supply of oxygen and nutrients to your baby.

>> Cannabis is not recommended as a treatment for nausea/vomiting during pregnancy. Speak with your Healthcare Provider to discuss safer treatment options.



### BABY

>> A baby's brain contains a lot of fat. THC is stored in fat. Therefore, it could affect how your baby's brain develops.

>> Research shows that cannabis in pregnancy can increase the risk of:

- Pre-term birth
- Low birth weight baby
- Impulsivity and hyperactivity in childhood
- Learning, memory and problem-solving difficulties in teens and later in life



## Can cannabis affect my breastmilk?

- » Cannabis passes from your breastmilk to your baby. THC and other chemicals are stored in baby's fat cells and brain for a long time.
- » Cannabis may make your baby drowsy and it could make it harder for your baby to latch properly. It may also affect your baby's movement and responses.



## Will it help if I “pump and dump” my breastmilk after using cannabis?

- » **No.** Because THC is stored in body fat, it stays in the body for a long time. This means that “pumping and dumping” your breastmilk does not work.

## Cannabis and Parenting



Cannabis use can affect your short-term memory, attention, and reaction time. **Parenting while impaired may reduce your ability to make good decisions and protect your child from harm. You may also miss your child's cues for hunger, comfort or to play and learn.**



Second-hand cannabis smoke can be harmful to anyone who is exposed to it. It is best not to smoke or vaporize cannabis in your home or around your baby or children.



Bed sharing is not safe. But bed sharing while impaired (high) makes the risk of sleep related deaths even greater. Place your baby to sleep alone on their back in their crib, cradle, or bassinet.



Store your cannabis locked up and out of reach. **If you think your child took any form of cannabis, get medical help right away.** Call 911 immediately.



Cannabis causes impairment and increases the risk of a car crash. Drive sober.



**Until more is known about the short-and long-term effects of cannabis on your baby, it is safest to avoid using cannabis while pregnant or breastfeeding.**

### For More Information or Help

- » Talk to your Healthcare Provider
- » Drug, Alcohol and Mental Health Helpline (ConnexOntario): 1-866-531-2600
- » MotherToBaby: 1-866-626-6847
- » Heartspace/Addictions Services of Thames Valley: 519-673-3242
- » Health Connection (Middlesex-London Health Unit): 519-663-5317 x2280
- » [www.YouNeedToKnow.ca](http://www.YouNeedToKnow.ca)

Health Connection: (MLHU) 519-663-5317 x2280  
[www.healthunit.com/during-pregnancy-hazards](http://www.healthunit.com/during-pregnancy-hazards)

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