

# MARIJUANA & PREGNANCY

Pregnant and breastfeeding women need to know about the dangers of using marijuana products.



## THE FACTS



Marijuana is a drug and can have serious side effects. Pregnant and breastfeeding women should **NOT** use marijuana.



All methods of marijuana use, including smoking, vaping, eating or drinking, expose your baby to harmful chemicals.

**There is NO safe amount of marijuana use while you are pregnant or breastfeeding.**

## The drug will reach your baby:



Through your bloodstream



Through your breast milk

*("Pumping and dumping" does not work with marijuana.)*



Through secondhand smoke



***A smoke-free environment is safest and healthiest. Don't allow smoking marijuana or tobacco in your home and around your baby.***

# THE RISKS OF PRENATAL MARIJUANA USE



Your **baby's brain development** can be affected by marijuana use during pregnancy and result in:

- Decreased concentration
- Decreased motor response
- Decreased attention
- Difficulty learning in school
- Increased impulsive behaviors

## Keep Your Baby Healthy



**If you are already using marijuana products, STOP using them.** If you are having common pregnancy discomforts, contact your provider for safe remedies.

Referrals are available to help you quit.

**For Help, Call (775) 825-HELP  
OR Text GETSOBER to 839863**

### Sources & Further Readings

1. American Academy of Pediatrics
2. American College of Obstetricians and Gynecologists
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6. Richardson, K., Hester, A., & McLemore, G. (2016). Prenatal cannabis exposure – The “first hit” to the endocannabinoid system. *Neurotoxicology and Teratology*, 58, 5-14.



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