

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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