# Marijuana in Pregnancy and Breastfeeding

## Facts about marijuana

- The potency of marijuana has more than tripled in the past few decades
- Marijuana crosses the placenta easily and is absorbed by the fetus
- Marijuana is stored in fat and stays in the human body for weeks after use

## Effects on the growing fetus

- Mothers who use marijuana may be at increased risk for:
  - Preterm delivery
  - Poor fetal growth/low birth weight
  - Placental abruption (bleeding or detachment of the placenta)
- Babies exposed to marijuana before birth are at risk for:
  - Short-term memory and verbal reasoning problems
  - Inattention, impulsivity and hyperactivity (ADD/ADHD symptoms)
  - Depression and substance use disorders later in life
- Even medical marijuana is not recommended for pregnant or breastfeeding mothers

## Effects on the baby after birth

- Marijuana is excreted in breastmilk, possibly at even higher levels than in the mother’s blood
- Mothers can excrete marijuana in their breastmilk for up to 6 weeks after using
- Babies exposed to marijuana through breastmilk may be at risk for:
  - Short-term memory and verbal reasoning deficits
  - Inattention, impulsivity and hyperactivity
  - Depression and substance use disorders later in life
- Parents who use marijuana may be:
  - Less able to respond to their babies’ cues
  - Unable to take care of their babies safely
- Babies who are around marijuana smoke (secondhand smoke) are also at risk

## What to do if you are currently using

- Make a plan to cut down or stop using altogether
- Ask your doctor about alternative treatment options that are safe for your baby
- Avoid secondhand marijuana smoke
- Talk to your partner (or other caregivers) about their use as well

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For more information visit: Marijuana Use During Pregnancy & Breastfeeding FAQs [https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Marijuana-Use-During-Pregnancy-Breastfeeding.aspx](https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Marijuana-Use-During-Pregnancy-Breastfeeding.aspx)

Marijuana and Pregnancy [https://www.acog.org/Patients/FAQs/Marijuana-and-Pregnancy](https://www.acog.org/Patients/FAQs/Marijuana-and-Pregnancy)

What you Need to Know about Marijuana Use and Pregnancy [https://www.cdc.gov/marijuana/factsheets/pregnancy.htm](https://www.cdc.gov/marijuana/factsheets/pregnancy.htm)