

If you are pregnant
or know someone who is pregnant
or has recently given birth

HAVE YOU ASKED: HOW'S MOM? MARIJUANA

Understanding the challenges and possible risks of marijuana use during pregnancy is important for our community.



Can marijuana help with pregnancy symptoms?

It is not recommended to use marijuana for nausea and vomiting when you're pregnant because it can go through the placenta and reach the baby.

How can marijuana use affect pregnancy?

Marijuana can cause many health problems during pregnancy such as:

- Babies not growing enough before birth
- Higher chance of stillbirth and Sudden Infant Death Syndrome
- Being born too early (before 37 weeks)
- Low birthweight
- Long-term brain problems that affect memory, learning, and behavior

Marijuana may be bad for a baby no matter how it's used-smoking, vaping, dabbing, eating or drinking. Even applying creams and lotions.

Is there a safe amount of marijuana that can be used during pregnancy?

There is **no** known safe amount of marijuana that can be used during pregnancy.

Does using marijuana affect breastfeeding?

Using marijuana while breastfeeding is not recommended.

- THC and CBD are important parts of marijuana. These and other chemicals can pass to a baby through breast milk.
- THC can stay in the body for a long time, so even if you don't use marijuana often, it can still get to the baby later.
- About 1% of marijuana used goes into breast milk. This can be enough to show up on a drug test.
- Talk to a doctor, lactation consultant, or doula for help with breastfeeding.

Whether or not a person is using, their health and pregnancy matter!

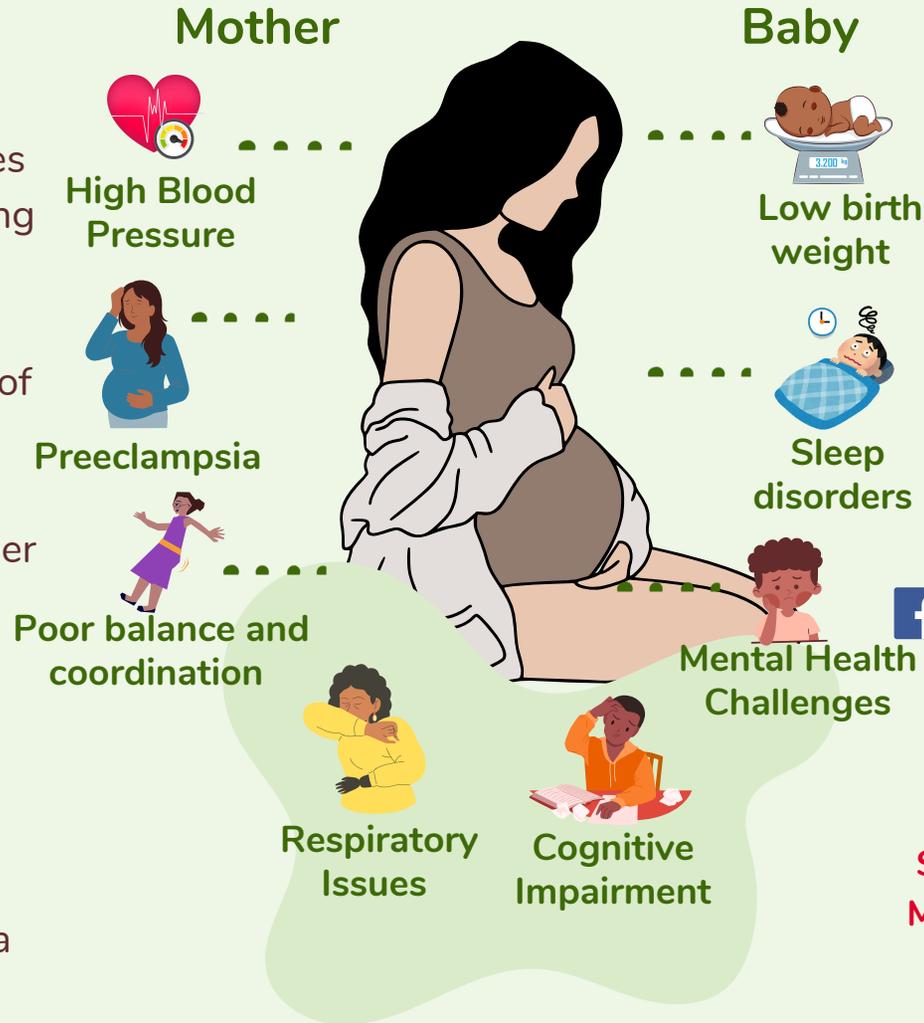
Tips for during and after pregnancy

- Don't smoke around children (even in areas that are ventilated)
- Smoke lingers, change clothes and wash hands after smoking
- Keep marijuana locked at all times
- Keep marijuana out of reach of children at all times
- Counseling and therapy
- Support groups, including peer support
- Doula support
- Communicate openly with a trusted healthcare provider
- Have social activities like exercise, yoga, art, etc.
- Make a safe sleep plan with a support network
- Speak with a doctor about other options

Reminder

Every pregnancy experience and birthing journey is unique and what works for one person may not work for another!

The effects marijuana could have during pregnancy...



Call the Doctor if...



Marijuana use during pregnancy is affecting you. If it feels like the support is not enough, look into the possibility of other types of support that may help.

TALK ABOUT IT! YOU ARE NOT ALONE!



Many people engage and struggle with marijuana use. We understand that fear exists. Trusted help is available.

Find community initiatives at:

www.browardhsc.org

@browardhsc

@browardhsc

@broward_hsc

@browardhealthystartcoalition

Phone Number:

(954) 567-7174

Get Help! Access Substance Abuse and Mental Health Services to know how!



National Suicide Prevention Hotline
Call 988

Marijuana and pregnancy. March of Dimes. (2020, September). <https://www.marchofdimes.org/find-support/topics/pregnancy/marijuana-and-pregnancy>

Michigan Health Department. (n.d.-b). Marijuana use while pregnant or breastfeeding. <https://www.mmdhd.org/wp-content/uploads/2023/03/Marijuana-Use-While-Pregnant-or-Breastfeeding.pdf>

Renard, J., & Konefal, S. (2022). Cannabis use during pregnancy and breastfeeding. Clearing the Smoke on Cannabis Cannabis Use During Pregnancy and Breastfeeding. <https://www.ccsa.ca/sites/default/files/2022-05/CCSA-Cannabis-Use-Pregnancy-Breastfeeding-Report-2022-en.pdf>