

# Cannabis and Pregnancy

## Helpful tips for a healthy pregnancy!

Cannabis (aka marijuana, weed, or pot) can be consumed in many forms including bud, hash, or oil. Cannabis can be smoked, vaped, dabbed, or eaten.



A key ingredient in most cannabis products is tetrahydrocannabinol (THC), which can reach your fetus through the placenta or your baby through breastmilk.

### Effects of Cannabis Use



#### During Pregnancy

Research shows a greater risk of:

- Stillbirth
- Lower birth weight
- Preterm birth

Possible long-term effects on baby:

- Slower brain development
- Attention problems
- Behavior problems
- Trouble with learning and memory
- Anxiety and depression



#### During Breastfeeding

- THC stays in breastmilk for 6 days to 6 weeks. Pumping and dumping does not reduce your baby's exposure to THC
- THC in breastmilk may make your baby sleepy or make it harder for them to suck correctly, reducing how much they eat and grow
- Exposure to THC in breastmilk may negatively impact your baby's brain development

Using as little amount of cannabis as possible during your pregnancy is a healthy step you can take to protect your baby from possible health risks.

Reducing or stopping use of cannabis when it has been helping with morning sickness or anxiety can be hard or scary. Flip this page over for some tips on how you can reduce cannabis use if you've been using it to help with nausea or anxiety.

# Cannabis and Pregnancy- Less is Best

## Helpful tips for a healthy pregnancy!

### Some tips for managing anxiety:



See a mental health professional to help you with your stress and anxiety



Ask your midwife or doctor about the risks and benefits of anxiety medications



Avoid caffeine



Meditate



Get some light exercise and fresh air



Reach out to close friends or family when you feel anxious

### Some tips for managing morning sickness:



Talk to your midwife or doctor about how to control your morning sickness



Eat dry toast or crackers before getting out of bed in the morning



Drink fluids often



Eat many small meals instead of 3 large ones



Eat bland food like bananas, rice, applesauce, toast, and tea



Have ginger ale, ginger tea made with real ginger, or ginger candies



Talk to your midwife or doctor about taking vitamin B6 or using sea bands (acupressure bands)

If you are using cannabis during your pregnancy, please talk to your midwife or doctor about your use and how to keep you and your baby healthy

If you are struggling to reduce or stop use of cannabis please reach out to your medical provider or call:

Yolo County Mental Health Services: (888) 965-6647

For more information about cannabis and pregnancy, please visit:

First 5 Yolo: <https://www.first5yolo.org/about/community-resources/cannabis-toolkit>



or Mother to Baby Online: [www.mothers-to-baby.org](http://www.mothers-to-baby.org)

