

Is It OK to Use Cannabis During Pregnancy and while Breastfeeding?

It's best to avoid using all forms of cannabis during pregnancy and breastfeeding. Here's why.



1. The effects of cannabis can be passed on to your baby

The compounds in cannabis can be passed on to your fetus through the placenta or to your baby while breastfeeding. These compounds can affect how your baby develops mentally and physically.

2. Cannabis can affect your baby's growth and brain development

Using cannabis during pregnancy may be associated with babies being born too small and too early. The brain of a baby undergoes changes that can be altered by cannabis.

Exposure to cannabis during pregnancy and breastfeeding can interfere with your baby's:

- Attention, memory and reasoning abilities
- Behaviour and processing of emotions
- Problem-solving skills

Such exposure can also increase your baby's risk of:

- Hyperactivity
- Impulsive behaviours
- Sleep disorders

Some of these effects can last a lifetime.

3. There's not enough evidence to support using cannabis for treating negative symptoms of pregnancy

While there has been growing interest about the benefits of cannabis, there is not enough evidence that THC or CBD is effective in treating symptoms related to pregnancy such as nausea, vomiting and pain.

Forms of cannabis:



Dried



Extracts



Oils



Edibles



No amount of cannabis is safe during pregnancy and breastfeeding

Talk to your healthcare provider if you have questions about cannabis use.