

# CANNABIS & PREGNANCY



Cannabis is the most commonly used controlled substance among pregnant women in the United States according to the AAFP (American Academy of Family Physicians).

The American Academy of Pediatrics (AAP), the American College of Obstetricians and Gynecologists (ACOG), the CDC and the FDA recommend that women who are pregnant, plan to become pregnant, or are breastfeeding, should not use cannabis (either medical or recreational).

Cannabis use during pregnancy may cause harm to both the mother and baby. THC (*tetrahydrocannabinol*) when consumed travels through the bloodstream and into organs that are important to your prenatal health and the development of the baby.

## POTENTIAL HARMS:

LOW BIRTH WEIGHT

ABNORMAL BRAIN DEVELOPMENT

DELAYED LEARNING & BEHAVIORAL ISSUES

DELAYS IN MOTOR DEVELOPMENT

HIGHER RISK OF INJURY

GREATER RISK OF STILLBIRTH

PRETERM BIRTH  
(BEFORE 37 WEEKS)

LOWERED OXYGEN LEVELS

FETAL GROWTH RESTRICTION  
(BABY DOES NOT GAIN ENOUGH WEIGHT BEFORE BIRTH)



LEARN MORE: [OMC.WV.GOV](http://OMC.WV.GOV)

Talk with your provider about cannabis use during pregnancy to better understand the risks.



## CANNABIS & BREASTFEEDING



- Cannabis can be transferred from mother to baby through breastmilk
- THC is stored in bodyfat during and after use and is slowly released overtime. This means infants can be exposed to THC even after cannabis use is stopped.
- The CDC found studies that suggest breastmilk may contain THC for 6 days or more after consumption.
- The AAP found that some infants exposed to cannabis through breastfeeding may:
  - experience neurodevelopmental delays
  - have less frequent and shorter feedings
  - lethargy

## KEEPING YOUR BABY SAFE

- (1) You should not consume cannabis around children. Passive smoke/vapor contains THC and can be passed onto children, putting them at risk for negative health effects.
- (2) If a child consumes cannabis by accident, look for signs of negative effects such as lethargy, trouble breathing, poor coordination, or fast heartrate.
  - Call the poison control hotline at 1-800-222-1222 to get in contact with a representative.
  - In emergency situations, Call 911 or report to the closest emergency room.
- (3) Practice safe storage at home.
  - Keep cannabis out of reach of children or pets
  - Store cannabis in original child resistant packaging and in a lockable bag, box, safe or cabinet.

## Additional Resources:



CDC



ACOG



AAP

## References:

- <https://www.cdc.gov/pregnancy/2018/03/20/cannabis-during-pregnancy.html>
- [https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/02/02/cannabis-use-during-pregnancy-and-lactation?site\\_navigation=clinical\\_guidance/committee-opinion/articles/2018/02/02/cannabis-use-during-pregnancy-and-lactation](https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/02/02/cannabis-use-during-pregnancy-and-lactation?site_navigation=clinical_guidance/committee-opinion/articles/2018/02/02/cannabis-use-during-pregnancy-and-lactation)
- <https://www.aap.org/pressroom/health-topics/pregnancy-and-pregnancy>
- Han Dongyi, Bailey, C23627199, CN2362024, Daniel S. C. Frustaloni, Jeffrey L. Galanter, Thomas P. Green, Timothy Johnson, Kathleen Nadeau, Ian M. Paul, John Van den Brink, The Science of Drugs and Therapeutics from Human Beings: An Update on Selected Topics. *Pediatrics*, September 2022, 127(3): e198-e222. 10.1542/peds.2021-1986
- Ryan, S. A., Swanson, S. D., O'Connor, M. F., Smedley, L., Patrick, S. W., Quigley, J., ... & Stone, J. (2018). Marijuana use during pregnancy and breastfeeding: implications for neonatal and childhood outcomes. *Pediatrics*, 122(2).