

CANNABIS

BEFORE, DURING and AFTER Pregnancy

FAST FACTS

- Using cannabis (also called marijuana, weed, or pot, etc.) in pregnancy may harm your baby's development and health.
 - Cannabis has hundreds of chemicals. One is THC, which can be passed to your baby in pregnancy and breastfeeding.
 - All forms of cannabis (e.g., dried plant, edible, vapour, secondhand smoke, etc.) can have harmful effects.
 - Using cannabis for nausea/vomiting during pregnancy is not safe.
- If you use cannabis and are pregnant or planning a pregnancy, talk to your Healthcare Provider.

There is no safe amount or time to use cannabis during pregnancy or breastfeeding.



FERTILITY

>> According to research, using a lot of cannabis can lead to:

- Changes to women's menstrual cycle
- Less sperm and poor sperm quality in men



PREGNANCY

>> Cannabis has over 400 chemicals, including THC, the chemical that makes you feel "high".

- These chemicals can pass from your body to your baby when you are pregnant and may be harmful.

>> Smoking cannabis can lower the amount of oxygen in your blood to amounts that are not safe for your pregnancy.

>> Using cannabis during pregnancy can harm your baby's health and lead to:

- o Pre-term birth
- o Low baby weight at birth

Speak with your Healthcare Provider to discuss safer options.



BABY

>> A baby's brain has a lot of fat cells. Since THC is stored in fat, it could harm how your baby's brain develops.

>> Cannabis use in pregnancy can harm a baby throughout childhood and beyond. Effects include:

- Problems with your child's learning, memory and problem-solving skills
- Your child developing impulsive and overly active behaviours
- Using substances later in life (1)

To speak to a Public Health Nurse, call 519-663-5317 and press 5.
<https://www.healthunit.com/alcohol-and-other-drugs>



Can cannabis affect my breastmilk?

- >> THC in cannabis is passed through breastmilk and stored in a baby's fat cells.
- >> A baby has a lot of fat cells in their brain, so THC can stay there for a long time and harm the baby's development.
- >> Cannabis may make your baby drowsy and make it harder for your baby to latch.



Will it help if I “pump and dump” my breastmilk after using cannabis?

- >> **No.** THC is stored in body fat, so “pumping and dumping” your breastmilk does not work.

Cannabis and Parenting



Cannabis use can change your short-term memory, attention, and reaction time. Parenting while impaired may lower your ability to make good decisions and protect your child from harm. You may also miss signs that your child is hungry, needs comfort, or wants to play.



Second-hand cannabis smoke can be harmful. It is best not to smoke or vape around your baby or children.



Bed sharing is not safe. Bed sharing while impaired (high) makes the risk of sleep related deaths higher. Place your baby to sleep alone and on their back in their crib, cradle, or bassinet.



Cannabis poisoning in children from unintentional edible consumption is on the rise. (2) Store your cannabis securely. Keep it locked away and out of sight and reach from children. If you think your child has eaten any form of cannabis, call 911 or visit your nearest emergency department.



Cannabis causes impairment and can lead to a car crash. Drive sober.

Until we know more about all the effects of cannabis on your baby, it is safest not to use cannabis while pregnant or breastfeeding.

For More Information or Help

- >> Talk to your Healthcare Provider
- >> ConnexOntario: 1-866-531-2600

>> MotherToBaby: 1-866-626-6847

>> Heartspace/CMHA Thames Valley Services: 519-673-3242, ext. 1222

Scan for more information



References

1. The Society of Obstetricians and Gynaecologists of Canada (2024). What you need to know: Cannabis, Pregnancy and Breastfeeding. https://www.pregnancyinfo.ca/wp-content/uploads/2019/12/SOGC_13333_cannabis_posters_2_infographic_EN.pdf
2. Health Canada. (2024). Cannabis poisonings in children. <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/poisonings-children.html>

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