

Cannabis and People Who are Pregnant or Breastfeeding

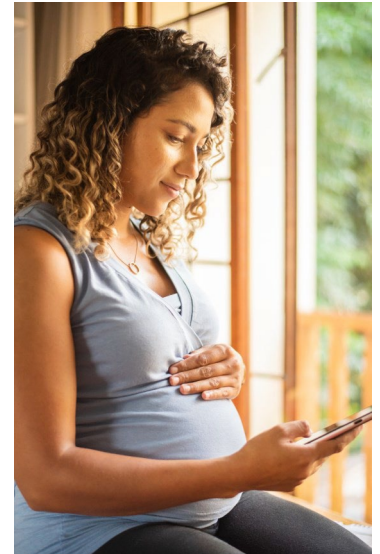
People who are pregnant or breastfeeding should not use any cannabis products.^{1,2}

Cannabis products contain tetrahydrocannabinol (THC), which is the ingredient that gives people the “high”.¹ When a pregnant person uses a cannabis product, THC and other chemicals travel through the bloodstream and into the placenta, the organ that feeds oxygen and nutrients to the baby. This happens if cannabis is used in any way, for example, by smoking, vaping, or eating.³ THC can also be passed to the baby through breastmilk and can be present for up to six days after use.¹

Some studies suggest that using cannabis during pregnancy could be linked to lower birth weight of the baby and may impact the baby’s neurodevelopment.^{1,3} Research suggests children born to people who use cannabis during pregnancy may have learning and behavioral problems later in life.³

The California Department of Public Health (CDPH) [Substance and Addiction Prevention Branch](#) (SAPB) created this resource to support the community in reducing the negative impacts and consequences of cannabis use.

Questions? Contact cannabis@cdph.ca.gov.



What you can do:

- Stop using cannabis if you are pregnant or breastfeeding.
- Talk to your health care provider if you have questions or if you are having a hard time stopping use.
- Ask your health care provider for other resources if you are using cannabis to treat morning sickness.
- Avoid being around people while they are smoking or vaping cannabis – secondhand smoke can still affect you and your baby. Secondhand cannabis smoke contains many of the same harmful chemicals as in tobacco smoke.¹
- Ask for support – your health care provider or the CDPH Women, Infants, and Children (WIC) Program can suggest resources.

Visit these resources to find out more information:

- CDPH SAPB [Pregnant and Breastfeeding Webpage](#)
- CDPH’s [MyFamily website](#) for WIC families and the department’s resource on Marijuana Use During Pregnancy and Breastfeeding ([English \(PDF\)](#) [Spanish \(PDF\)](#)).
- [Frequently Asked Questions About Marijuana and Pregnancy](#) (The American College of Obstetricians and Gynecologists)

References:

1. Food and Drug Administration. What You Should Know About Using Cannabis, Including CBD, When Pregnant or Breastfeeding. October 2019. <https://www.fda.gov/consumers/consumer-updates/what-you-should-know-about-using-cannabis-including-cbd-when-pregnant-or-breastfeeding>.
2. The American College of Obstetricians and Gynecologists. Marijuana and Pregnancy FAQs. February 2021. <https://www.acog.org/womens-health/faqs/marijuana-and-pregnancy>.
3. Centers for Disease Control and Prevention. Marijuana and Pregnancy. October 2020. <https://www.cdc.gov/marijuana/health-effects/pregnancy.html>.

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