

CANNABIS

CANNABIS + PREGNANCY

Most information about effects of exposure to cannabis on the fetus or newborn is conflicting and confusing.

For example, some studies find mild negative effects¹³ on newborn development, some find mild positive¹⁵ effects¹⁴, and some find no effects.

Long term outcomes appear similar to other children in the same peer group.

There is no evidence to suggest that cannabis is related to stillbirth, preterm labor, significantly low birth weight, birth defects,¹⁶ cancer, or feeding problems.



New research alert! Torres et al. (2020) conducted a systematic review of prenatal cannabis exposure on cognitive functioning, finding that children with cannabis-exposure predominantly fell within the normal range, refuting many significant misunderstandings about cannabis and cognitive functioning. [↗](#)

There is some recent evidence (2019) that shows that cannabis users had higher rates of preterm birth than nonusers (12.0% compared to 6.1%) but like most studies on pregnancy and cannabis it was unable to control for many other factors, including smoking.¹⁷

Cannabis is a plant that can be smoked, vaped, eaten, or ingested in other forms such as tinctures. It is used for relaxation, pain, anxiety, glaucoma, and many other things. Some of the other names for cannabis are marijuana, weed, herb, mota, and hash. Some other forms are wax, dabs, oils, tinctures, and shatter.

CANNABIS + LACTATION

Roughly 1% of the cannabis consumed passes into human milk. This is likely to be only partially absorbed in the infant's stomach.

There is no good data about cannabis exposure via human milk.

Experts agree that the safest choice is to stop recreational use completely while lactating.^{4, 18, 19}

If you continue using while breast or chestfeeding, use harm reduction methods like pumping before using or pumping and dumping right after using. Either is better than using formula.^{20, 21}



The benefits of breastfeeding your baby more than likely outweigh the risks of them being adversely affected by their exposure to cannabis in your milk.

What treatment options are available for cannabis use disorder?

There is no treatment medication specifically for cannabis use disorders or dependence.

If you were using cannabis to medicate for pain, anxiety or nausea, discuss with your healthcare provider whether there is a **safer treatment method**.

Many people who continue to use cannabis during pregnancy - including those who use it daily - might have a **cannabis use disorder** which might make it **more difficult for them to stop**.

Most people who want to quit cannabis do so without formal treatment, but others have found **counseling** or **group therapy** helpful.¹⁹

