

## Your questions answered

**Q. Marijuana is natural and legal, so that means it is okay to use when pregnant, right?**

**A.** Marijuana does come from a plant and is legal for people over the age of 21, but that does not mean it is safe. Using marijuana during pregnancy or while breastfeeding can harm your baby, just like alcohol or tobacco. Marijuana contains THC, tetrahydrocannabinol. This is a chemical that makes you feel “high”, and can harm your baby.

**Q. Does marijuana help with nausea or morning sickness?**

**A.** There is no research showing that marijuana helps with nausea or morning sickness during pregnancy. Eating small, frequent meals or a few plain crackers may help. Your health care provider may recommend an FDA-approved medication, ginger, and over-the-counter options.



**Q. Can I use CBD products that do not contain THC?**

**A.** It is best to avoid all CBD containing products while you are pregnant and breastfeeding. There are no known safe amounts of CBD containing products. Based on what is known so far about the harmful effects of CBD during pregnancy and while breastfeeding, there is significant cause for concern.

**Q. Marijuana helps my anxiety and I cannot go 9 months without some relief. What else can I do?**

**A.** You do not have to deal with your anxiety alone. Let your health care provider know you are struggling and would like some additional support. There are treatments that can help and are safe during pregnancy.

**Q. What if I reduce my marijuana use while I am pregnant?**

**A.** Using less marijuana is better. But, there is no known safe amount of marijuana use during pregnancy.

**Q. Is my breastfed baby affected if I wait a while after I smoke to feed him?**

**A.** Yes. The chemicals in marijuana get into your breastmilk and can be there for up to 6 days. Your baby is affected, no matter what form of marijuana you use.



## WIC offers these resources

**Talk to your health care provider or WIC staff for referrals**



### Get support

- **Call 2-1-1** or go to [www.211.org](http://www.211.org) to get connected to services and support
- **Postpartum Support International** for stress and anxiety help right now
  - Go to [www.postpartum.net](http://www.postpartum.net), or call 1-800-944-4773 or text 1-503-894-9453
- **California Department of Health Care Services** for local substance use disorder programs and referrals
  - [www.dhcs.ca.gov/individuals/Pages/Perinatal-Services.aspx](http://www.dhcs.ca.gov/individuals/Pages/Perinatal-Services.aspx) (click on “Perinatal Directory”)
- **Substance Abuse and Mental Health Services Administration** for substance use disorder programs and information
  - Go to [www.samhsa.gov](http://www.samhsa.gov) or call the 24-hour treatment referral line: 1-800-662-HELP (4357)

### Learn more

- For information on the safety of medications and other substances when pregnant or breastfeeding:
  - **Mother To Baby:** Go to [www.mothersbaby.org](http://www.mothersbaby.org), call 1-866-626-6847, or text 1-855-999-3523
- For answers to questions about use of marijuana before, during and after pregnancy and while breastfeeding:
  - **March of Dimes:** [www.marchofdimes.org/pregnancy/marijuana.aspx](http://www.marchofdimes.org/pregnancy/marijuana.aspx)
  - **Food and Drug Administration:** [www.fda/consumers/consumer-updates/what-you-should-know-about-using-cannabis-including-CBD-when-pregnant-or-breastfeeding](http://www.fda/consumers/consumer-updates/what-you-should-know-about-using-cannabis-including-CBD-when-pregnant-or-breastfeeding)
  - **Center for Disease Control:** [www.cdc.gov/marijuana/factsheets/pregnancy.htm](http://www.cdc.gov/marijuana/factsheets/pregnancy.htm)



California Department of Public Health,  
California WIC Program  
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# Marijuana and Pregnancy



“ I tried to quit before and could not. When I was pregnant, I asked for help. Quitting was hard, but I did it. Do not give up—you can do it, too! ”

## Having a healthy baby begins today

No one is more important to your baby than you. Using marijuana—cannabis, weed, pot—in any form can harm your baby. The choices that you make today can affect your baby’s health now and in the years ahead.

**Give your baby a healthy start. WIC is here to support you.**

## Tips for pregnant women and new mothers using marijuana

### What you can do now

- Stop using marijuana. When you use, your baby does too.
- Ask for support to help you stop; you do not have to do it alone. Your health care provider and WIC staff can suggest resources.
- Do not give up. Some people have days when they use again. If this happens, start over fresh the next day.
- Avoid secondhand marijuana smoke.

### What you can do after your baby is born

- Breastfeed and avoid marijuana.
- Talk to your health care provider or WIC staff about feeding your baby, if you have concerns.
- Keep your baby away from people smoking marijuana.
- Get help with your baby, if you do use marijuana. It can affect your judgment and ability to safely care for your baby.



### What we know

We are still learning about the effects of marijuana during pregnancy. Studies are not always clear, but experts think:

- Marijuana smoke contains more than 400 chemicals that can harm your unborn and newborn baby.
- Marijuana can harm your baby’s brain development.
- Marijuana chemicals pass to your unborn baby through your placenta and to your newborn baby through your breastmilk.
- Marijuana increases the chances that your baby will:
  - Be born too small or too early.
  - Be stillborn or die during infancy.
  - Have learning, behavioral, or other health problems that last a lifetime.



**All forms of marijuana, whether eaten, drunk, smoked, or vaped contain harmful chemicals.**

