

Cannabis & Pregnancy



What is Cannabis?

Cannabis is also called marijuana, weed, pot, tetrahydrocannabinol (THC), or cannabidiol (CBD).

THC comes from the cannabis plant and makes people feel “high.”

CBD also comes from the cannabis plant but contains only trace levels of THC, so it does not cause a high.



Cannabis comes in many forms, like gummies, candy, vapes, and blunts.

What's in Cannabis Products?

Most cannabis products bought in stores or online are not regulated and may contain:



MOLD ⚠️



PESTICIDES ⚠️



HEAVY METALS (like lead) ⚠️

Even in states where THC is legal, contamination is common. The Food and Drug Administration (FDA) has **NOT APPROVED ANY** health claims about cannabis, and ingredients and labels are often inaccurate.



Is Cannabis Safe During Pregnancy?

NO—CANNABIS IS NOT SAFE DURING PREGNANCY.

THC and CBD pass through the placenta and may harm baby's brain development or cause emotional problems later in life. Cannabis use during pregnancy can also increase these risks for you and your baby:



High blood pressure during pregnancy



Preterm birth (baby born too soon)



Low birth weight (baby born too small)



Your baby may need to stay longer in the hospital after delivery



Your baby may have trouble breathing

If you use both cannabis and tobacco during pregnancy, your risks will be even higher.

Is Cannabis a Safe Way to Manage Pregnancy Discomfort?

NO – CANNABIS IS NOT A SAFE OPTION during pregnancy to deal with these issues:

✗ Nausea & vomiting

✗ Headaches & body aches

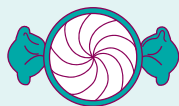
✗ Anxiety & depression

✗ Sleep issues

Is Cannabis a Safe Treatment for Morning Sickness?

NO—CANNABIS IS NOT A SAFE TREATMENT FOR MORNING SICKNESS.

Cannabis can actually make nausea worse for some people. If you are experiencing nausea and vomiting, there are things that you can do at home to help. Try:



Sucking on sour, peppermint, or ginger candy



Eating small meals often



Sipping cold drinks with a straw



Taking prenatal vitamins at night with a snack



Avoiding strong odors

If the above tips aren't enough, there are over-the-counter and prescription medicines that can help - these are safer than using cannabis while pregnant. Talk with your health care provider if you're not getting relief.

Is it Safe to Use Cannabis After the Baby Is Born?

NO—IT IS NOT SAFE TO SMOKE OR VAPE AROUND BABIES AND CHILDREN—they are vulnerable to second-hand smoke and vape. Smoking or vaping around babies increases the risk of Sudden Infant Death Syndrome (SIDS) and sleep-related death.

Is Cannabis Safe While Breastfeeding?

NO—CANNABIS IS NOT SAFE WHILE BREASTFEEDING. Breastmilk has a high fat content that babies need to grow. Both THC and CBD are fat soluble. This means that they stay in breastmilk for days or even weeks and are passed to the baby. This may affect the baby's brain development.

Many cannabis products look like candy, so call **POISON CONTROL (1-800-222-1222)** if a baby or child eats one or gets vape liquid on their skin.

Need Help Quitting Cannabis?

If you or a loved one needs help quitting, talk to your health care provider and/or contact the Alcohol Drug Council of NC:

 Call: 800-688-4232  Text: 919-703-1872

 Email: helpline@alcoholdrughelp.org

Visit: alcoholdrughelp.org

Need help quitting tobacco/vaping?

Call: 1-800-QUIT-NOW
(1-800-784-8669)

Llame: 1-855-DÉJELO-YA
(1-855-335-3569)

Available/disponible 24/7.



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