What You Need to Know about Marijuana Use and Pregnancy

Marijuana Use during Pregnancy
There is no known safe amount of marijuana use while pregnant. There are some foods and medicines that are unsafe to use while pregnant because they can harm your baby, and marijuana is one of them. No matter how it’s used (smoking, vaping, or eating), if you use marijuana while pregnant, chemicals including THC get passed to your baby. These chemicals can affect your child’s ability to pay attention or to learn.

Marijuana Use while Breastfeeding
If you use marijuana while breastfeeding, chemicals like THC get passed to your baby. These chemicals are stored in your body for a long time. That means they stay in your breast milk, so “pumping and dumping” doesn’t work.

It’s legal and natural so doesn’t that mean it’s safe?
• The fact that it’s legal does not make it safe. Using marijuana during pregnancy or while breastfeeding may harm your baby, just like alcohol or tobacco.
• The fact that it’s natural does not make it safe. Not all natural substances or plants are safe. Marijuana contains chemicals including THC which may cause long-term harm to your baby.

What about using it for medical reasons?
It is unsafe to use any medicines while pregnant or breastfeeding that are not recommended by a doctor. Talk to your doctor about why you are using marijuana. There may be safer choices that do not risk harming your baby.

Need help quitting?
Quitting marijuana use now reduces the risk of harm to your baby. To find support, call 2-1-1

For more information:
National Council on Alcoholism and Drug Dependence: 1-800-622-2255
SJC Substance Abuse Services: 209-468-9600