

Marijuana and Pregnancy

If you use marijuana during pregnancy, you may be putting you and your baby's health at risk.

Possible Risks to Your Baby

Brain Development

Can cause brain damage from the THC and the lack of oxygen when you smoke while pregnant.

All forms of marijuana can make your baby high while growing in the womb.



Breastfeeding

Not recommended.

THC is stored in fat, stays in breastmilk for weeks, released slowly to the baby.



Stillbirth

Higher risk of your baby dying because all forms of marijuana cross the placenta and enter the baby.



Childhood Behavior

Using marijuana during pregnancy can have long term effects.

Children can have behavioral problems and trouble paying attention in school.



Premature Birth

Higher chance of being born too early.

May require longer hospital stay.



Lung Problems

Harm from secondhand marijuana smoke can injure a child's lungs and may cause asthma.



Lower Birth Weight

Smaller size at birth. Makes a newborn less healthy.

Baby has to work harder to catch up.



Child Safety

Using marijuana can make you think less clearly, especially when you are sleep deprived.

Your baby could be at risk of injury.



Marijuana and pregnancy don't mix. If you're pregnant or thinking about getting pregnant, don't use marijuana.

- Medical marijuana is not safer than recreational marijuana. Recreational and medical marijuana may be legal in some states, but both are illegal under federal law. All forms of marijuana contain THC and are harmful to your baby.
- There's no evidence that marijuana helps morning sickness and sometimes it can even make it worse. Ask your doctor or pharmacist about safer treatments.
- You and your partner also should avoid marijuana before pregnancy. Marijuana can change the DNA in sperm.