Pregnancy and parenthood can be an exciting time but also a critical time for your baby’s growth and development. To make sure your baby has the best start to life, and is as healthy as possible, we recommend that you do NOT use marijuana while you are pregnant or breastfeeding your new baby.

Current research shows that marijuana use during pregnancy may be connected to stillbirth, birth before your due date, or your baby not growing normally. In addition, marijuana use during pregnancy and while breastfeeding may poorly impact your baby’s brain development resulting in future development problems.

**WHAT IS KNOWN ABOUT MARIJUANA USE DURING PREGNANCY & BREASTFEEDING**

It is not safe for you to use marijuana while pregnant or breastfeeding. Marijuana crosses the placenta, (the organ that gives your baby nutrients and oxygen) and also passes into breastmilk during breastfeeding. While breastfeeding is the healthiest way to feed your baby, what you eat and drink while breastfeeding often transfers into your baby’s blood, including marijuana.

THC, the active ingredient in marijuana that gives you a “high”, can travel to your baby and stay in your baby’s body for many days to weeks.

- **No amount of marijuana is safe for your baby**, that includes eating, smoking, or vaping marijuana
- **Marijuana may impact how your baby’s brain develops**, making it difficult for him/her to succeed in school or causing behavioral problems
- **If you use marijuana while you are pregnant, your baby may have abnormal growth**
- Marijuana can stay in your body for a long time even after you stop using marijuana so “pumping and dumping” breast milk does not work
- **Marijuana use may impair your ability to care for your baby in general because of drowsiness and cause breastfeeding difficulties**

**WHAT IS RECOMMENDED**

If you are currently using marijuana, talk to your doctor about how you can reduce or eliminate its use.

- Ask your doctor about other pain, nausea, or anxiety relief methods while you are pregnant or breastfeeding
- If marijuana is in your home, make sure it is stored in a place a child or pet cannot reach. Second-hand smoke can also affect your baby

**FOR MORE INFORMATION VISIT:**

- University of Utah Health & Medical Marijuana
- The American College of Obstetricians and Gynecologists
- CDC - Marijuana Use and Pregnancy