

Pregnancy and Marijuana Don't Mix



You may have heard from friends that it's okay to use marijuana when you are pregnant. Think again. Studies indicate it's not safe, and many myths exist around marijuana use and pregnancy.

The Myths about Marijuana and Pregnancy

Myth: Marijuana is safe to use while pregnant or breastfeeding

Fact: You cannot eat or use some foods and medicines while pregnant or breastfeeding. This is because they might harm the baby. This includes marijuana.

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The Myths about Marijuana and Pregnancy *continued*

Myth: Since it is legal in some states, it must be safe

Fact: Using marijuana during pregnancy can harm your baby, just like alcohol or tobacco. Being legal does not make it safe. Marijuana use is illegal in the state of Wyoming.

Myth: Since marijuana is natural, it must be safe

Fact: Not all natural substances or plants are safe. Tobacco and poisonous berries are great examples. Marijuana contains THC, which may harm a baby.

Myth: Marijuana won't harm your baby

Fact: Some researchers found that marijuana may be bad for children whose moms used marijuana during pregnancy. Some children did not do well in school when they were older. It may also make it hard for your child to pay attention and learn.

Marijuana use may impact a growing baby's brain (Source: ACOG)

If you have questions, talk to your provider.

Myth: Marijuana is a

safe treatment for nausea during pregnancy

Fact: THC in marijuana may harm your baby. Talk to your health provider about safe choices that do not risk harming your baby.

Myth: Pumping and dumping breastmilk after using marijuana is an effective way to keep baby from being exposed

Fact: THC is stored in body fat so it stays in your body for a long time. Breastmilk has a high percentage of fat as well. It is unknown how long after marijuana use that breastmilk is safe.

The American College of Obstetricians and Gynecologists (ACOG) recommends women **do not** use marijuana while trying to get pregnant, during pregnancy or while breastfeeding.

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