

Marijuana Use During Pregnancy

Whether smoked, vaped, or eaten in food, marijuana use during pregnancy can be risky for a developing baby's health. Marijuana contains nearly 500 chemicals; these chemicals can pass through the placenta to the baby during pregnancy.¹

Risks to Baby

- Preterm delivery (the baby being born before 37 weeks gestation)²
- Greater risk for Neonatal Intensive Care Unit (NICU) admission²
- Low birth weight²
- Greater risk of stillbirth¹
- Low oxygen for the baby³
- Long-term brain development issues affecting memory, learning and behavior¹

Long-Term Risks to Kids⁴

Marijuana use during pregnancy may also put the baby at risk for problems but more research is needed. Here are some possible long-term difficulties for kids exposed to marijuana during pregnancy:

- Attention problems
- Hyperactivity
- Lack of impulse control
- Behavior problems

Marijuana in Breast Milk

Marijuana use while breastfeeding may come with risks to the baby but more research is needed here as well.

- THC and other chemicals in marijuana can be passed to a baby through breast milk and may have adverse effects on early brain development¹
- There is little research about how marijuana use during breastfeeding impacts the baby, most doctors discourage use during breastfeeding⁵



**For help quitting marijuana,
call SAMHSA's National Helpline:
800-662-4357**

or visit

dhcs.ca.gov/individuals/Pages/SUD_County_Access_Lines.aspx

1. *Marijuana and pregnancy*. SAMHSA. (n.d.). Retrieved February 22, 2022, from <https://www.samhsa.gov/marijuana/marijuana-pregnancy>
2. Marchand, G., Masoud, A. T., Govindan, M., Ware, K., King, A., Ruther, S., ... & Sainz, K. (2022). *Birth Outcomes of Neonates Exposed to Marijuana in Utero: A Systematic Review and Meta-analysis*. *JAMA Network Open*, 5(1), e2145653-e2145653.
3. Sasso, E. B., Bolshakova, M., Bogumil, D., Johnson, B., Komatsu, E., Sternberg, J., ... & Mullin, P. (2021). *Marijuana use and perinatal outcomes in obstetric patients at a safety net hospital*. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 266, 36-41.
4. Goldschmidt L, Day NL, Richardson GA. *Effects of prenatal marijuana exposure on child behavior problems at age 10*. *Neurotoxicol Teratol*. 2000 May-Jun;22(3):325-36. doi: 10.1016/s0892-0362(00)00066-0. PMID: 10840176.
5. American College of Obstetricians and Gynecologists. (2015). *Committee Opinion: Marijuana Use During Pregnancy and Lactation*.