

MARIJUANA & PREGNANCY

RISKS FOR BABY:^{1,2}

- Growth restriction
- Low birth weight
- Premature birth
- Stillbirth
- Disrupted brain development

RISKS FOR MOTHER:^{1,2}

- Increased heart rate and blood pressure
- Lung problems
- Trouble paying attention or thinking clearly
- Clumsiness, poor coordination, and poor balance
- Mental health disorders (especially with frequent use)

DID YOU KNOW?

Because THC, the chemical in marijuana responsible for the “high,” is stored in body fat and the brain and slowly releases over time, your baby can be exposed to THC even after you have stopped using marijuana.²



THE BLUNT FACTS:^{1,2}

- THC and other chemicals in marijuana can cross the placenta and enter the baby's brain.
- There is no evidence marijuana is helpful in managing morning sickness.
- Use of marijuana during pregnancy is not safe in any form (smoking, vaping, edibles, or oils) or intended purpose (recreational or medical).

The American College of Obstetricians and Gynecologists (ACOG) recommends that pregnant women or women trying to become pregnant not use marijuana. The negative effects of marijuana on the baby may occur throughout pregnancy, including during the first trimester.¹



*If you need help quitting marijuana,
contact the SAMHSA National Helpline 24/7
at (800) 662-4357 or talk with your health care provider.*

Sources:

1. American College of Obstetricians and Gynecologists
2. Centers for Disease Control and Prevention

To view a specific list of citations, visit: baycounty-mi.gov/health/Marijuana/References