



Marijuana

AND

Pregnancy

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

Did you know?

- The chemicals in any form of marijuana may be bad for your baby - this includes eating or drinking, creams or lotions applied to skin, smoking, vaping and dabbing.
- There's no evidence that marijuana helps morning sickness (ask your obstetrician-gynecologist [OB-GYN or Nurse Midwife] about safer treatment).
- Medical marijuana is not safer than recreational marijuana. Recreational and medical marijuana are legal in Michigan, but both are illegal under federal law.



It is not safe to use marijuana in pregnancy or when breastfeeding. If you are pregnant or thinking about getting pregnant, you should avoid marijuana.

FACTS

- About 1 in 20 women in the U.S. reports using marijuana while pregnant.
- Chemicals from marijuana can be passed to your baby through breast milk.



Possible Effects on Your Baby

- Disruption of brain development before birth
- Smaller size at birth
- Higher risk of stillbirth
- Higher chance of being born too early, especially when you use both marijuana and cigarettes during pregnancy
- Harm from secondhand marijuana smoke
- Behavioral problems in childhood and trouble paying attention in school
- Higher chance for developmental problems in your baby

Possible Effects on You

- Permanent lung injury from smoking marijuana
- Dizziness, putting you at risk of falls
- Impaired judgement, putting you at risk of injury
- Lower levels of oxygen in the body, which can lead to breathing problems

