



Cannabis Considerations for PREGNANT AND BREASTFEEDING/ CHEST FEEDING INDIVIDUALS

Like many other substances, there is limited research about the effects of cannabis on pregnancy and fetal development. Based on studies of both human and animal subjects, leading medical organizations such as The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend that you stop using cannabis if you are contemplating pregnancy, are pregnant, or are breast/chest feeding.

Even with these studies, it is still hard to say for sure that cannabis itself affected the health of participants. This is because in many studies, the people participating had more than one risk factor - things like other substance use, tobacco use, or lower socioeconomic status. Because of this, it is often difficult to determine the impact of cannabis exposure on a pregnancy or baby.

There are still many unknowns about the short and long-term effects of cannabis, but we do know that THC, the main component of cannabis, consumed by a pregnant person can pass through to your baby. It is possible that exposure may impact your baby. Because of these unknowns, it is recommended that people do not use cannabis while pregnant or breast/chest feeding.

If you take medical cannabis, you should talk with your health care provider about the possible risks and benefits of medical cannabis use during pregnancy.

You can also ask your provider about other medications or treatments which may have more pregnancy-specific safety data.





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CANNABIS AND PREGNANCY

The safest choice is to not use cannabis during pregnancy. Like many other substances, cannabis ingested by a pregnant person can be passed to the baby. Breathing cannabis smoke can be harmful for you and your baby. It is important to remember that cannabis smoke has many of the same chemicals as tobacco smoke, which are known to be harmful during pregnancy.

Cannabis purchased from the unregulated market (i.e., cannabis that is not purchased from a licensed dispensary) can pose additional risks to you and your baby as it is not tested or screened for harmful materials. These products can potentially be contaminated with mold, fungus, pesticides, or other chemicals that can be harmful if consumed. Potency levels may also not be labeled or labeled accurately.

CANNABIS AND BREAST/CHEST FEEDING

It is safest to not use cannabis while breast/chest feeding as some of the components can be passed in your milk to your baby. The benefits of breast/chest feeding are vast both for you and your baby. If you choose to continue using cannabis, it is recommended that you reduce both how much and how often you use until research tells us more.

RESOURCES

If you are a medical patient, talk to your provider about alternatives for which there are more pregnancy-specific safety data.

If you're having trouble cutting down, call 1-877-8-HOPENY (467369) or text HOPENY (467369) or visit oasas.ny.gov to learn more about addiction treatment.



cannabis.ny.gov



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LEARN MORE

- **Clinician?** Read the latest guidance from the American College of Obstetricians and Gynecologists: <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/10/marijuana-use-during-pregnancy-and-lactation>
- **Health Educator, Clinician, Midwife, Doula, or Lactation Consultant?** Watch the University at Albany School of Public Health's Breastfeeding Grand Rounds on Marijuana Use During Pregnancy and Breastfeeding: <https://www.albany.edu/cphce/bfgr21.shtml>

FOR MORE INFORMATION, CONTACT THE OFFICE OF CANNABIS MANAGEMENT

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Call: 1-888-OCM-5151 (1-888-626-5151)



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