

Marijuana Fact Sheet

What You Need to Know About Marijuana Use and Pregnancy

Marijuana use during pregnancy can be harmful to your baby's health. The chemicals in marijuana (in particular, tetrahydrocannabinol or THC) pass through your system to your baby and can harm your baby's development.¹⁻⁷

Although more research is needed to better understand how marijuana may affect you and your baby during pregnancy, it is recommended that pregnant women do not use marijuana.¹⁷

What are the potential health effects of using marijuana during my pregnancy?

- Some research shows that using marijuana while you are pregnant can cause health problems in newborns— including low birth weight.^{10,11}
- Breathing marijuana smoke can also be bad for you and your baby. Marijuana smoke has many of the same chemicals as tobacco smoke and may increase the chances for developmental problems in your baby.^{12,13}

Can using marijuana during my pregnancy negatively impact my baby after birth?

- Some research shows marijuana use during pregnancy may make it hard for your child to pay attention or to learn; these issues may only become noticeable as your child grows older.¹⁻⁷
- Separate from the direct, chemical effects of marijuana on a baby, use of marijuana may affect a mother's ability to be able to properly care for her baby.

Does using marijuana affect breastfeeding?

- Chemicals from marijuana can be passed to your baby through breast milk. THC is stored in fat and is slowly released over time, meaning your baby could still be exposed even after you stop using marijuana.
- However, data on the effects of marijuana exposure to your baby through breastfeeding are limited and conflicting. To limit potential risk to the infant, breastfeeding mothers should avoid marijuana use.^{11, 14-16}

Fast Facts

- Using marijuana during pregnancy may impact your baby's development.¹⁻⁷
- About 1 in 20 women in the United States reports using marijuana while pregnant.⁸



1 IN 20
use marijuana
while pregnant

- 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.⁹
- If you're using marijuana and are pregnant or are planning to become pregnant, talk to your doctor.



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For more information, visit:

- Smoking During Pregnancy: <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm>
- Treating for Two: <https://www.cdc.gov/pregnancy/meds/treatingfortwo/index.html>

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