

Marijuana Facts

No amount of marijuana is safe during pregnancy and breastfeeding.

- **Only take** medicines prescribed by your prenatal doctor.
- **Do not** use any alcohol, tobacco, or drugs while pregnant or breastfeeding.
- **Get help** to quit or cut down while you are pregnant or breastfeeding.

Marijuana is a strong drug.

- Marijuana contains over 400 chemicals.
- Marijuana contains other drugs and poisons.
- Marijuana is used in many forms:
 - Joints
 - Pipes
 - Cookies, Brownies
 - Oils
 - Vapes

Alameda County Resources

For pregnancy care referrals

- Alameda County Family Health Line
1-888-604-4636
- Free or Low Cost Pregnancy Care
www.acphd.org/clinics

For support with decreasing marijuana use, call

- Alameda County Substance Use Services
1-800-491-9099
- Alameda County Eden Information and Referral
2-1-1

Mother To Baby

Assists medical staff and patients about drug use during pregnancy and breastfeeding.

www.mothersbaby.org

1-866-626-6847 phone

1-855-999-3523 text

Narcotics Anonymous

510-444-4673

Marijuana Use Is Not Safe While Pregnant

Did you know that marijuana:

- Makes it harder for your baby to grow.
- Can hurt your baby's brain.
- Smoke can harm your baby.
- Stays in your breast milk over time.



What Can Happen to Your Baby

Marijuana Use During Pregnancy

- Marijuana passes to your baby through your placenta. This includes smoking and edibles.
- Can increase the chance for your baby to be born with low birth weight.
- Your child may have more problems with attention and learning if you used marijuana during pregnancy.

Marijuana Smoke Around Your Baby

- Breathing in marijuana smoke can harm your baby.
- May increase the chance for Sudden Infant Death Syndrome (SIDS).
- Dad and family members can also protect your baby from marijuana smoke.

Marijuana Use and Breastfeeding

- Causes the drug to be in your breast milk.
- Marijuana is stored in fat and is slowly released over time, meaning an infant could be exposed for a longer period of time.
- Breastfeeding mothers should avoid or reduce marijuana use.



I didn't know about all the harmful effects of marijuana use while I was pregnant. If I had known, I would not have exposed my kids. I know the learning problems my kids show now are because I smoked marijuana when I was pregnant with both of them.

- 26 year old, former marijuana user

What Can Happen To You

- You can become addicted.
- It can decrease your memory, learning, and attention.
- You increase your risk for breathing problems.



If you have nausea, vomiting, or decreased appetite, talk to your prenatal doctor.

Some ways to help are:

- Eat small, frequent, healthy meals
- Get plenty of fresh air
- Acupressure bands, or C-Bands
- Try ginger snaps, root or tea
- Try vitamin B-6