

PREGNANCY AND CANNABIS



Know for your baby. Pause for your baby.

For the health and wellness of your baby, it's the smart choice to pause your cannabis use immediately. Whether you are expecting, breastfeeding, or planning for pregnancy, smoking weed or taking a gummy or eating an edible can pose immeasurable harm for your baby. No amount and no form of cannabis is considered safe during this time. Medical evidence shows that using cannabis or cannabis products while pregnant or nursing and exposing infants and children to secondhand smoke increases the risk of the following conditions:

- **Stillbirth**
- **Sudden Infant Death Syndrome (SIDS)**
- **Intrauterine Growth Retardation**
- **Congenital Malformations**
- **Impaired Development**
- **Low Birth Weight**
- **Gestational Diabetes**
- **Decreased Reasoning and Problem-solving Skills**
- **Decreased Memory and Attention Functions**
- **Hyperactivity**



Cannabis may stay in your body for a long time. "Pumping and dumping" breast milk will not save your baby from the effects of the cannabis you consume. There is no evidence that cannabis is an effective treatment for morning sickness. If you are using cannabis to treat pain, anxiety, nausea, or other conditions speak to your healthcare provider about safe alternatives.



In the event of accidental cannabis poisoning call New Jersey Poison Center at 1-800-222-1222.



For help finding addiction treatment services call 1-844-REACHNJ (1-844-732-2465).



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The information on this flyer is not to be considered medical or legal guidance and may become outdated and inaccurate. Consult a healthcare provider for all matters relating to your health and wellbeing.