

# Marijuana Use While Pregnant or Breastfeeding

Maine Department of Health and Human Services  
Maine Centers for Disease Control & Prevention



## Marijuana Used During Pregnancy Can Pass from Mom to Baby<sup>1</sup>

### Possible Effects of Marijuana Use



Using marijuana while pregnant may increase the risk of a baby being born with low birth weight which can lead to developmental problems.<sup>2</sup>



1 in 5 Maine mothers (22%) reported using marijuana 3 months before or during pregnancy

### Is Marijuana Use Safe During Pregnancy?



There is no known safe amount or type of marijuana use while pregnant. The U.S. Centers for Disease Control and Prevention (CDC) recommends against using marijuana during pregnancy.<sup>3</sup>



**2017 PRAMS**  
Participants who used marijuana during pregnancy were over two times more likely to have a low birth-weight baby.<sup>4</sup>

## Provider Practices



It is unsafe to use any medicines or drugs while pregnant or breastfeeding that are not recommended by a doctor. If a woman is pregnant or planning to become pregnant and using marijuana, she should talk to her doctor.<sup>5</sup>



4 in 5 (79%) expectant mothers reported their prenatal care provider *asked* them about marijuana use

2 in 5 (38%) expectant mothers reported their prenatal care provider *advised* them not to use marijuana during pregnancy



Marijuana Use Data Source:  
Maine Pregnancy Risk Assessment Monitoring System (PRAMS), 2017 Supplemental Questionnaire Data, Research, & Vital Statistics  
Maine Center for Disease Control & Prevention  
Maine Department of Health & Human Services


1-3: U.S. Center for Disease Control & Prevention, *What You Need to Know About Marijuana Use & Pregnancy*, 2017  
4: Data analysis completed using 2017 PRAMS Questionnaire Data & Birth Certificate Data  
5: GoodtoKnowMaine.org, *How Marijuana Affects Pregnant & Breastfeeding Women*

# Marijuana Use While Pregnant or Breastfeeding

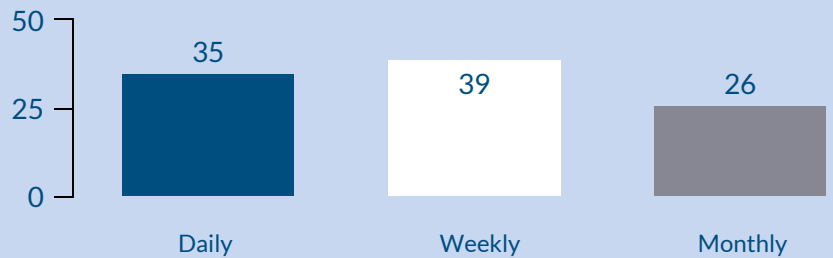


Maine Department of Health and Human Services  
Maine Centers for Disease Control and Prevention

## Marijuana Use During Pregnancy

 The CDC recommends avoiding or reducing marijuana use while pregnant or breastfeeding. If you are using marijuana during pregnancy, your doctor can help you quit or find alternatives.<sup>5</sup>

Frequency of Use Among Mothers who Used Marijuana During Pregnancy




### Method of Use

Of the women who reported marijuana use during pregnancy (reflects multiple responses per participant)



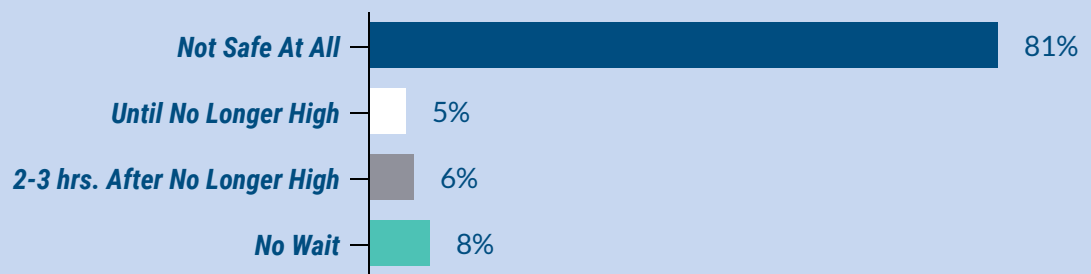
## Marijuana Use After Pregnancy

 The CDC does not recommend the use of marijuana while breastfeeding. The chemicals in any form of marijuana, like THC,<sup>7</sup> can pass through the mother's milk to the baby. This exposure may have a long-term impact on your child's ability to learn.<sup>8</sup>



**1 in 6** mothers (16%) reported using marijuana since their new baby was born

### 81% of New Mothers Believe it is Not Safe to Breastfeed After Using Marijuana



Marijuana Use Data Source:  
Maine Pregnancy Risk Assessment Monitoring System (PRAMS), 2017 Supplemental Questionnaire Data, Research, & Vital Statistics  
Maine Center for Disease Control & Prevention  
Maine Department of Health & Human Services

5: GoodtoKnowMaine.org, How Marijuana Affects Pregnant & Breastfeeding Women  
6: Dabs are concentrated doses of cannabis that are made by extracting THC and other cannabinoids using a solvent like butane or carbon dioxide, resulting in sticky oils also commonly referred to as wax or Butane Hash Oil (BHO). They're heated on a hot surface then inhaled through a dab rig (smoking apparatus).  
7: Tetrahydrocannabinol, the principal psychoactive component of Cannabis or Marijuana  
8: GoodtoKnowMaine.org, How Marijuana Affects Pregnant & Breastfeeding Women