

Marijuana and Pregnancy



If you use marijuana during pregnancy, you may be putting your health and your fetus's health at risk.

Possible Effects on Your Fetus



Disruption of brain development before birth



Smaller size at birth
Higher risk of stillbirth



Higher chance of being born too early, especially when you use both marijuana and cigarettes during pregnancy



Harm from secondhand marijuana smoke
Behavioral problems in childhood and trouble paying attention in school

Possible Effects on You



Permanent lung injury from smoking marijuana



Dizziness, putting you at risk of falls



Impaired judgment, putting you at risk of injury



Lower levels of oxygen in the body, which can lead to breathing problems

Did you know?

- Medical marijuana is not safer than recreational marijuana. Recreational and medical marijuana may be legal in some states, but both are illegal under federal law.
- There's no evidence that marijuana helps morning sickness. Ask your obstetrician–gynecologist (ob-gyn) about safer treatments.
- You should also avoid marijuana before pregnancy and while breastfeeding.

Marijuana and pregnancy don't mix. If you're pregnant or thinking about getting pregnant, don't use marijuana.



If you need help quitting marijuana, talk with your ob-gyn.

Research is limited on the harms of marijuana use during pregnancy. Because all of the possible harms are not fully known, the American College of Obstetricians and Gynecologists (ACOG) recommends that anyone who is pregnant, planning to get pregnant, or breastfeeding not use marijuana. ACOG believes people who have a marijuana use problem should receive medical care and counseling services to help them quit.

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