

5 MESSAGES ABOUT CANNABIS AND PREGNANCY FOR YOUR PATIENTS



YOUR RECOMMENDATION MATTERS!

In 2016, about 1 in 20 pregnant women in the United States reported using marijuana.¹ As a health professional, you're in a unique position to help women understand the risks of using cannabis during pregnancy. They rely on your recommendations when making choices for their babies. Make sure you share these five messages with your patients who are pregnant or looking to become pregnant.

- 1. Natural doesn't equal safe.** Chemicals, such as tetrahydrocannabinol (THC), are found in cannabis, including in edibles, such as cookies, brownies, and candies. When you use cannabis, these chemicals are passed on to baby.²
- 2. You're protecting baby by not using cannabis.** Using cannabis during pregnancy is linked to low birth weight.²
- 3. You have other options.** If you're using cannabis for medical reasons, we can explore safer options to help you manage your health while you're pregnant.³
- 4. THC can be passed through breast milk.** More research is needed to understand the potential risk to babies.²
- 5. It's not worth the risk.** There is still so much we don't know about cannabis use during pregnancy and its effects on babies and their future health outcomes. By not using cannabis, you're giving your baby the best possible start to life.

For more information, please visit www.nationalacademies.org.

Sources

¹ <https://www.samhsa.gov/data/sites/default/files/NSDUH-DeT-Tabs-2016/NSDUH-DeT-Tabs-2016.htm#tab6-65B>

² www.nationalacademies.org/hmd/Reports/2017/health-effects-of-cannabis-and-cannabinoids.aspx

³ <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Marijuana-Use-During-Pregnancy-and-Lactation>