



Frequently Asked Questions Cannabis, Pregnancy and Breastfeeding

1. Is cannabis safe to use during pregnancy and breastfeeding?

Research continues to show that cannabis may negatively impact a mother and her developing baby. Err on the side of caution and don't use cannabis if you are thinking about getting pregnant, are pregnant, or are breastfeeding.

2. Does cannabis use affect fertility?

Long-term use of cannabis may affect your menstrual cycle and lead to a reduction in the hormones involved in reproduction and fertility.

3. Can the effects of cannabis use be passed onto the baby?

Just like tobacco and alcohol, the substances in cannabis are carried through the mother's blood stream to her fetus during pregnancy and through breast milk following birth.

4. Is consuming cannabis edibles safer than smoking cannabis?

Although cannabis edibles remove the respiratory health effects of smoking, the risks when consuming edibles are the same, if not greater. If you eat a cannabis-infused product rather than inhale it, it takes longer to feel the effects and may increase the risk of overdose. When it comes to cannabis and pregnancy, it's best to avoid use altogether.

5. Is medical cannabis safer than recreational cannabis?

Medical cannabis or medical marijuana is prescribed by a doctor but has the same active ingredients as recreational cannabis. This means that pregnant women and their developing babies are exposed to the same potentially harmful effects regardless of the fact that use may be for medical or recreational purposes.

6. Is cannabis an effective treatment for morning sickness (nausea and vomiting)?

There is no scientific evidence to suggest that cannabis is helpful in managing morning sickness. If you're experiencing morning sickness, please speak with your health care provider as there are other safe and effective options that have been approved by Health Canada.

7. Why are my friends' kids fine when they were exposed to prenatal cannabis?

While the effects of cannabis use might not be apparent in all cases, an increasing number of studies show that consumption of cannabis in any form may be harmful for pregnant women and their developing babies.

8. I avoided cannabis during pregnancy and breastfeeding. Is it safe to smoke cannabis while caring for my baby?

Cannabis smoke has many of the same chemicals as tobacco smoke, and second-hand exposure may increase the chances of your baby having developmental problems.

To learn more about cannabis, pregnancy and breastfeeding
visit pregnancyinfo.ca/learn-more.