What you need to know:
Cannabis, Pregnancy and Breastfeeding

It's safest for you not to use cannabis during pregnancy and breastfeeding.

Cannabis may negatively affect brain development.

SMOKING CANNABIS MAY INCREASE THE AMOUNT OF CARBON MONOXIDE IN YOUR BLOOD.
This can decrease the amount of oxygen that the developing baby receives.

The effects of cannabis exposure during pregnancy may last a lifetime.

Cannabis use during pregnancy may be associated with:

LOW BIRTH WEIGHT
PRETERM LABOUR
STILLBIRTH

A developing baby may be affected by all forms of cannabis.

SMOKED  VAPED  EATEN

CANNABIS MAY ALTER YOUR DNA AND GENES.
These alterations can be passed onto future generations, impacting their health.

CHILDHOOD
Poor memory function, poor problem solving skills, and an inability to pay attention

ADOLESCENCE
Increased risk of depression and/or anxiety

ADULTHOOD
Possible substance use

Cannabis compounds may be passed to your baby through breast milk. This may lead to:

SLOW MOTOR DEVELOPMENT
REDUCED MUSCLE TONE
POOR SUCKLING

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