



# Marijuana

*- and Pregnancy -*

## How Does Marijuana Impact Pregnancy and the Developing Child?

THC, tetrahydrocannabinol, is the main psycho-active ingredient in marijuana.



THC crosses the placenta and enters fetus's bloodstream and brain.



THC stays in the bloodstream of chronic users for weeks, not days.



THC can reduce the blood flow from the uterine artery to placenta



THC enters breast milk of lactating mothers.

## Potential Pregnancy and Newborn Risks



Stillbirth



Sudden Infant Death Syndrome



Mood Disorders



Behavioral Disorders



Preterm Delivery



Low Birth Weight

## Potential Child Development Risks



Decreased IQ Scores



Attention Problems



Decreased Growth



Smaller Brains



Decreased Academic Ability

# Marijuana: Becoming More Potent

The potency of marijuana has changed significantly since DEA started testing.

## Change in Average Potency of THC in Marijuana (1995 - 2013)\*



■ Data is from lab tests done on marijuana confiscated by the DEA

28%

### Current Potency

Marijuana is being sold with advertised THC concentrations as high as 28%.

200%

### THC Increase

The concentration of THC in marijuana has increased 200% since 1995.

\* Source: Biol Psychiatry. 2016 Apr 1; 79(7): 613-619

## "LEGAL" and "NATURAL" does NOT mean safe

The use of marijuana in any form can be dangerous to your baby.  
*This includes eating, drinking, smoking, vaping, and applying topically.*

### Recommendations:

- Talk to your doctor about quitting or reducing your marijuana use while pregnant and/or breastfeeding.
- Your doctor can help you find healthier and safer ways to manage any symptoms, such as nausea, that you may be experiencing.

### More Resources

**Mother to Baby Factsheets on Marijuana and Pregnancy:** [mothertobaby.org/fact-sheets/marijuana-pregnancy/pdf](http://mothertobaby.org/fact-sheets/marijuana-pregnancy/pdf)

**Smoking During Pregnancy:** [cdc.gov/reproductivehealth/maternalinfanthealth](http://cdc.gov/reproductivehealth/maternalinfanthealth)

**Treating for Two:** [cdc.gov/pregnancy/meds/treatingfortwo](http://cdc.gov/pregnancy/meds/treatingfortwo)

**American Academy of Pediatrics Healthy Children at all Stages:** [healthychildren.org](http://healthychildren.org)



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