Psilocybin mushrooms (“Magic Mushrooms”)

This sheet is about exposure to psilocybin mushrooms (“Magic Mushrooms”) in pregnancy and while breastfeeding. This information is based on published research studies. It should not take the place of medical care and advice from your healthcare provider.

What are psilocybin mushrooms (“Magic Mushrooms”)?

The term “magic mushrooms” refers to mushrooms that cause an altered state of mind (hallucinations/delusions). Psilocin and psilocybin are the hallucinogenic components found in certain types of mushrooms and are sometimes referred to as psychedelics. Other names for psilocybin mushrooms include caps, shrooms, and buttons. Magic mushrooms are usually eaten fresh or dried but may be brewed in tea or added to food. Psilocybin may also be taken as a pill (capsule).

I take magic mushrooms. Can it make it harder for me to get pregnant?

It is not known if taking magic mushrooms can make it harder to get pregnant.

Does taking magic mushrooms increase the chance of miscarriage?

Miscarriage is common and can occur in any pregnancy for many different reasons. Studies have not been done to see if taking magic mushrooms alone could increase the chance of miscarriage.

Does taking magic mushrooms increase the chance of birth defects?

Birth defects can happen in any pregnancy for different reasons. Out of all babies born each year, about 3 out of 100 (3%) will have a birth defect. We look at research studies to try to understand if an exposure, like magic mushrooms, might increase the chance of birth defects in a pregnancy.

Studies have not been done to see if taking magic mushrooms can increase the chance of birth defects in humans. A single animal study showed no increased chance of birth defects.

Does taking magic mushrooms increase the chance of other pregnancy-related problems?

Studies have not been done to see if taking magic mushrooms can increase the chance of pregnancy-related problems such as preterm delivery (birth before week 37) or low birth weight (weighing less than 5 pounds, 8 ounces [2500 grams] at birth).

Does taking magic mushrooms in pregnancy affect future behavior or learning for the child?

Studies have not been done to see if taking magic mushrooms can increase the chance of behavior or learning issues for the child.

Breastfeeding while taking magic mushrooms:

Magic mushrooms have not been studied for use during breastfeeding. It is not known if or how magic mushrooms could affect a nursing child. If you are taking magic mushrooms while breastfeeding and you suspect that the baby has any symptoms (such as trouble feeding, sleeping, or breathing) contact the child’s healthcare provider. Be sure to talk to your healthcare provider about all your breastfeeding questions.

If a man takes magic mushrooms, could it affect fertility or increase the chance of birth defects?

Studies have not been done to see if taking magic mushrooms could affect men’s fertility (ability to get a woman pregnant) or increase the chance of birth defects. In general, exposures that fathers or sperm donors have are unlikely to increase risks to a pregnancy. For more information, please see the MotherToBaby fact sheet Paternal Exposures at https://mothertobaby.org/fact-sheets/paternal-exposures-pregnancy/.

Please click here to view references.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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