Psilocybin mushrooms (“Magic Mushrooms”)

This sheet is about exposure to psilocybin mushrooms (“Magic Mushrooms”) in pregnancy and while breastfeeding. This information 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. Psilocybin mushrooms are sometimes called other names such as caps, shrooms, and buttons. Magic mushrooms are usually eaten fresh or dried but may be brewed in a tea or added to food.

I take magic mushrooms. Can it make it harder for me to get pregnant?
Studies have not been done to see if taking magic mushrooms could make it harder to get pregnant.

Does taking magic mushrooms increase the chance for miscarriage?
Miscarriage can occur in any pregnancy. Studies have not been done to see if taking magic mushrooms alone could increase the chance for miscarriage.

People who use magic mushrooms also report using other drugs such as cocaine, Ecstasy, LSD, and non-prescribed prescription drugs which may increase the chance for miscarriage. Another concern is mistaking poisonous mushrooms for magic mushrooms, which could lead to a medical emergency.

Does taking magic mushrooms increase the chance of birth defects?
Every pregnancy starts out with a 3-5% chance of having a birth defect. This is called the background risk. Studies have not been done to see if taking magic mushrooms increases the chance of birth defects above the background risk. A single animal study showed no increased chance of physical birth defects.

Does taking magic mushrooms in pregnancy increase the chance of other pregnancy-related problems?
Studies have not been done to see if taking magic mushrooms increases the chance for 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 cause behavior or learning issues for the child.

Breastfeeding while taking magic mushrooms:
Magic mushrooms have not been studied for use during breastfeeding. If you are taking magic mushrooms while breastfeeding and you suspect that the baby has unusual symptoms (such as trouble feeding, sleeping, or breathing) contact the child’s healthcare provider. Be sure to talk to your healthcare provider about all of your breastfeeding questions.

If a male takes magic mushrooms, could it affect fertility (ability to get partner pregnant) or increase the chance of birth defects?
Studies have not been done to see if taking magic mushrooms could affect male fertility or increase the chance of birth defects. In general, exposures that fathers or sperm donors have are unlikely to increase the 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.