

# What do experts know about *marijuana (cannabis)* during pregnancy or breastfeeding?

*This infographic contains key information from MotherToBaby about cannabis use during pregnancy and breastfeeding.*

## What is Cannabis?



Cannabis is made from a mix of dried flowers from the *Cannabis sativa* plant. The main active chemical is delta-9-tetrahydrocannabinol (THC), which is what gives people that “high” feeling. Another major component of cannabis is cannabidiol (CBD). Cannabis contains about 400 different chemicals. Some cannabis preparations can be contaminated with other drugs, pesticides, and/or fungi.

Cannabis can be used by smoking or vaping, eating or drinking products infused with cannabis, or as a topical applied to the skin. Dabbing, which is smoking THC-rich resins extracted from the cannabis/marijuana plant, can deliver very large amounts of THC to the body.

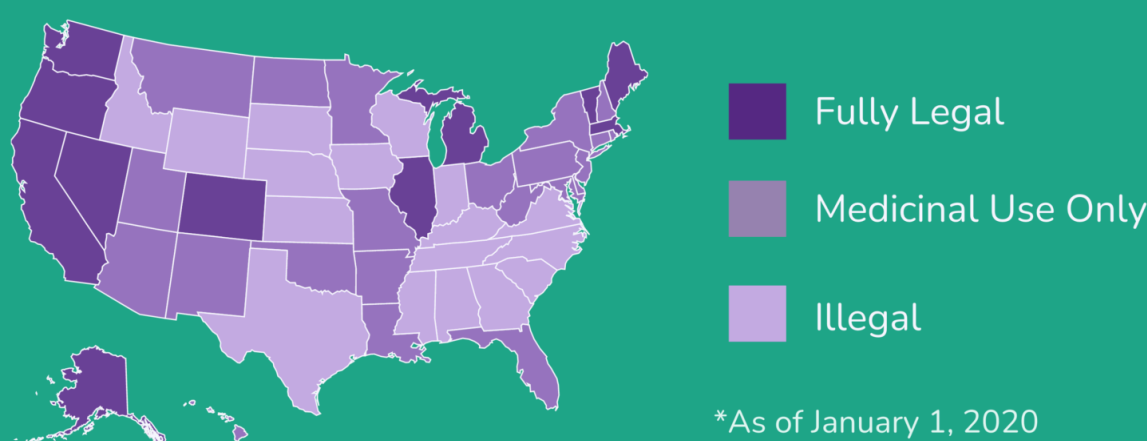


## What do we know about cannabis during pregnancy?

Cannabis use during pregnancy has been linked to an increased risk for some pregnancy complications, such as preterm birth and having a low birth weight baby. Babies that are born prematurely or with low birth weight can have higher rates of learning problems or other disabilities. Some studies have suggested an increased chance for some birth defects, such as gastroschisis.

***“Cannabis sativa (marijuana) is the illicit drug most commonly used during pregnancy.”\* –ACOG***

A growing number of states are legalizing marijuana for medicinal or recreational purposes, and its use by people who are pregnant could increase as a result.



\*As of January 1, 2020

\*As of January 1, 2024. Source: American College of Obstetricians and Gynecologists (ACOG). Committee Opinion No. 722: Marijuana Use During Pregnancy and Lactation. Obstetrics & Gynecology 130(4):p e205-e209, October 2017

## What do we know about cannabis when used during breastfeeding?

THC passes into breast milk. The amount of time THC remains in the milk can range from 6 days to 6 weeks. THC is stored in fat and is slowly released over time, meaning a baby could still be exposed even after mom stops using cannabis.

## What else do I need to know?

Medical experts agree: cannabis should be avoided if you are pregnant or breastfeeding. The U.S. Food and Drug Administration (FDA) advises against the use of cannabis or any of its individual components in any form during pregnancy or lactation.



MotherToBaby is the nation’s leading authority and most trusted source of evidence-based information on the safety of medications and other exposures during pregnancy and breastfeeding. For resources on exposures during pregnancy in languages other than English and Spanish, please visit [MotherToBaby.org/additional-languages](https://www.MotherToBaby.org/additional-languages).

