



PREGNANCY & MARIJUANA



MYTH: “IT IS OKAY TO USE MARIJUANA
BECAUSE IT IS LEGAL IN WEST VIRGINIA”

TRUTH:

Though medical
marijuana is now
legal in West
Virginia, that doesn't
mean it is safe if
you are pregnant
or breastfeeding.





MYTH: “ONE
JOINT IS
NOT GOING
TO HURT
MY BABY”

TRUTH:

Pregnant or breastfeeding women should avoid using any forms of cannabis.

Recent studies suggest that babies born to moms who use cannabis during pregnancy may have trouble learning and paying attention when they get older.



MYTH: “BUT
MARIJUANA
IS NATURAL”

TRUTH: Not all natural substances or plants are safe. Tobacco and poisonous berries are found in nature but are not safe. Cannabis contains THC, which may harm a baby. Also keep in mind that cannabis purchased on the street may be laced with Fentanyl or other harmful substances.



MYTH:
“VAPING IS OK
BECAUSE IT
IS SAFER”

TRUTH: Vaping is NEVER a safe option for a pregnant or breastfeeding woman. The vapor contains many chemicals and heavy metals, such as lead, which can be harmful to the baby.

THC, the chemical in cannabis that makes you feel high — can cross the placenta and reach the fetus. Additionally, the use of CBD products (with or without THC) has exploded in popularity for various medical conditions, yet there is little known about the long term effects of CBD used during pregnancy.



MYTH:

“EVEN MY
GRANDMOTHER
USES EDIBLES”

TRUTH:

Vaped, eaten
or smoked, THC
is still THC.

Though smoking or vaping
cannabis has the added
risk of harmful smoke
exposure, using marijuana
edibles still exposes you
and your baby to THC.

Studies show that marijuana use during pregnancy may be harmful to a baby's health and cause a variety of problems, including:



FETAL GROWTH RESTRICTION

Baby is smaller than it should be because it did not grow at the rate it should have in the womb.



PRETERM BIRTH

Baby is born early, before 37 weeks of gestation.



LOW BIRTH WEIGHT

Baby is born weighing less than 5 lbs., 8 oz.



RISK OF STILLBIRTH

Death or loss of baby before delivery.



LONG-TERM BRAIN DEVELOPMENT ISSUES

Baby may have learning, memory or behavioral concerns.





MYTH: “SMOKING
WEED IS NOT
AS BAD AS
SMOKING
A CIGARETTE”

TRUTH:

Marijuana smoke has many
of the same chemicals
as tobacco smoke.

Some of these chemicals can cause cancer,
and smoking at least doubles a baby’s risk
of dying from sudden infant death syndrome
(SIDS). You should not allow anyone to
smoke in your home or around your baby.



MYTH: “I CAN JUST PUMP AND DUMP”

TRUTH:

“Pumping and dumping” doesn’t work because of the slow and unpredictable release of THC from fat cells.

THC can be found in breast milk up to 30 days after the last use. Because breast milk contains a lot of fat to help the baby grow, regular use of THC can accumulate into high concentrations in breast milk. As a baby’s brain is still forming even after birth, THC consumed in breast milk can affect brain development.



MYTH: “THERE’S NOT THAT MUCH THC IN MARIJUANA”

TRUTH:

Over the last two decades, the concentration of THC in cannabis has increased from 4% to 15%, and is documented as reaching levels as high as 30%.



FOR MORE INFORMATION, TALK TO
YOUR HEALTH CARE PROVIDER.

**WEST VIRGINIA
PERINATAL
PARTNERSHIP**

*Working Together for
Healthier Mothers and Babies*

wvperinatal.org



Get the support you need.
If you or someone you know needs
help with substance use, call:

1-800-HELP4WV

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