

MARIJUANA USE IN PREGNANCY: IS IT SAFE?

Marijuana comes in several forms including smoking, vaping, edibles, oils, creams, and lotions. None are safe for your baby.

The chemicals in marijuana can be passed to your baby through the placenta or breastmilk. This poses a risk to your baby.

RISKS INCLUDE:

- Fetal growth restriction (when a baby doesn't gain enough weight before birth).
- A greater risk of stillbirth
- Preterm birth (being born before 37 weeks of gestation)
- Low birth weight
- Brain development issues affecting attention, memory, learning, and behavior
- Admission to the Neonatal Intensive Care Unit (NICU) sometimes for months

Because Marijuana can stay in your body for up to 3 months after your last use, it is important to not use marijuana before you get pregnant.

Once pregnant, marijuana (THC) does cross the placenta and damages your baby's brain resulting in hyperactivity, poor school performance, self-control problems, and other long-term consequences.

If you are currently using any form of marijuana, please talk with your doctor, midwife, or other healthcare provider.

If you are breastfeeding, avoid all marijuana use. **THC can remain in the breastmilk for up to 30 days after use.**

The American College of Obstetricians and Gynecologists (ACOG), and American Academy of Pediatrics (AAP), and Academy of Breast-feeding Medicine (ABM) recommend pregnant women do not use marijuana.



home state health™

Your MO HealthNet
Managed Care Health Plan

1-855-694-4663
TTY: 711

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH



1-877-236-1020
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TREATMENT FOR CANNABIS USE IN PREGNANCY

Healthcare providers discourage the use of marijuana if you are pregnant or breastfeeding. If you use marijuana and are pregnant, your provider should support your decision to stop and provide other safer medications for your baby to help with nausea, anxiety, and/or pain. We can support you so you don't feel alone when trying to stop.

Marijuana is addictive. We want to support you in all your health goals, including, stopping the use of marijuana. Some of the support we offer includes:

- Referrals to network providers for Cognitive Behavior Therapy (CBT).
 - Referrals to Comprehensive Substance Treatment and Rehabilitation Program (CSTAR).
 - Goal setting with a care manager and referrals for programs to support you with recovery.
 - Monitoring and regular follow-up at your request.
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have the right to get help and information in your language at no cost. American Sign Language interpreter services are available as well. For Show Me Healthy Kids interpreter services, call 1-877-236-1020 (TTY/TDD 711). For Home State Health interpreter services, call 1-855-694-4663 (TTY/TDD 711). • Si usted, o alguna persona a la que ayuda, tiene preguntas sobre Home State Health, tiene derecho a recibir ayuda e información en su idioma sin ningún costo. Además, hay servicios de interpretación en lenguaje de signos americanos. Para los servicios de interpretación de Show Me Healthy Kids, llame al 1-877-236-1020 (TTY/TDD 711). Para los servicios de interpretación de Home State Health, llame al 1-855-694-4663 (TTY/TDD 711). • 如果您或者您帮助的人对Home State Health有疑问，您有权免费以您的语言得到帮助和相关信息。我们也提供美国手语口译服务。如果需要Show Me Healthy Kids口译服务，请致电1-877-236-1020 (TTY/TDD 711)。如果需要Home State Health口译服务，请致电1-855-694-4663 (TTY/TDD 711)。 • Home State Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. • Home State Health cumple con las leyes Federales de derechos civiles correspondientes y no discrimina con base en la raza, el color, la nacionalidad, la edad, la discapacidad o el sexo. • Home State Health 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。