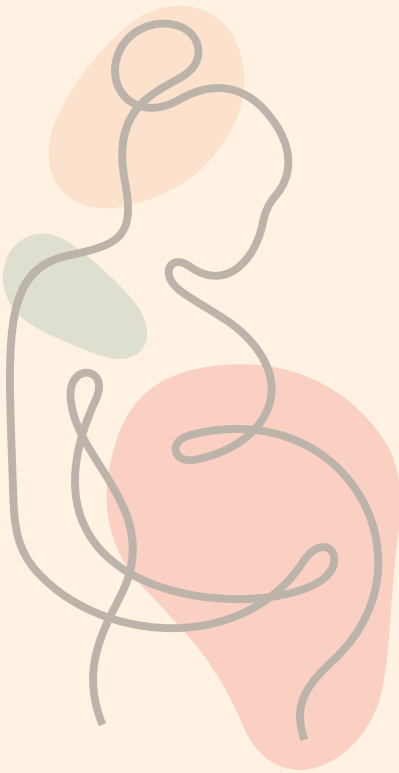


Marijuana use in pregnancy: *Is it safe?*

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.



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 Breastfeeding Medicine (ABM) recommend pregnant women do not use marijuana.

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



home state health

Your MO HealthNet
Managed Care Health Plan

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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 with your health goals, including, stopping the use of marijuana.



WARNING:

Marijuana products may harm your baby and cause low birth weight.

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.

Do you need help finding resources in your area? Home State Health wants to help connect you with resources you may need: baby supplies, food, housing and more.

Visit <https://homestatehealth.findhelp.com> and enter your zip code to find help in your area.