

Cannabis and Pregnancy









78% of Durham Region residents agree that cannabis use in pregnancy can lead to long term health problems for the baby. However, **22%** either disagree or are unsure.

Did you know?

- Cannabis carries the same risks whether smoked, vaped, eaten, pill, or in topical form
- There is no evidence that cannabis helps with morning sickness, always talk to your health care provider for safer options
- Medical cannabis is not safer than recreational cannabis

..... Possible Effects on Your Baby



- Problems with brain development before birth** 
- Born too small and higher risk of stillbirth** 
- Born too early** 
- Emotional and behavioural problems in childhood** 
- Trouble in school with paying attention, memory, learning and problem solving skills** 



Legal doesn't mean safe.

The Society of Obstetricians and Gynecologists of Canada (SOGC) recommends avoiding the use of cannabis if you are pregnant, thinking about becoming pregnant or breastfeeding.

Talk to your health care provider if you need help quitting cannabis use



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/pregnancy

If you require this information in an accessible format, contact 1-800-841-2729.

