

## Commonly asked Questions

### What if I used Cannabis before I knew I was pregnant?

Sometimes you may have used and didn't realise you were pregnant, try not to worry—it's unlikely to have affected your baby, but it's important you tell your GP and Midwife straight away so they can check everything is ok.

If you need support in cutting down then contact your Recovery Worker to put together a reduction plan.

**To protect your baby from any of the effects mentioned you should not use Cannabis while pregnant.**



## What can you do..

Do not just Stop! Contact one of the services below to discuss a carefully planned reduction

Together — 0800 233 5444

Your own GP

Midwife Team

Specialist Midwife

If you feel there is something seriously wrong with either yourself or the baby go to your nearest A & E or if not possible dial 999

## Cannabis and Pregnancy



## Cannabis

### Possible effects on the Mother

- Still Birth
- Poor Nutrition
- Reduced Energy Levels
  - Breathlessness
- Increased blood pressure
  - Increased heart rate
- Increased levels of anxiety and depression
  - Lethargy

If you're pregnant, using cannabis can harm your unborn baby.

Research suggests that using cannabis regularly during pregnancy could affect your baby's brain development.

Regularly smoking cannabis with tobacco increases the risk of your baby being born small or premature.

### Possible effects on new born Baby

- Premature birth
- Stunted growth
- Low birth weight
- Developmental problems
- Increased trembling
  - High pitched cry



## Commonly asked Questions

### Can I use Cannabis and breastfeed?

Simple answer is **Yes**

Chemicals from Cannabis can be passed to your baby through breast milk.

However its unknown if this does affect a new-born baby or not and as such advice on the effects of Cannabis exposure to your baby through breastfeeding are limited and conflicting.

The safest course and to limit potential risk to the infant, breastfeeding mothers should avoid Cannabis use if possible.

### Can I just stop using Cannabis while pregnant?

Simple answer is **Yes**

Stopping cannabis can be uncomfortable initially and can lead to changes in your mood. Stopping will be beneficial to your baby's growth and development