

Marijuana and breastfeeding

How does using marijuana affect my breast milk?

Marijuana's active ingredient is THC. THC will pass into your breast milk and to your baby. The amount of THC in breast milk can be up to 8 times HIGHER than the level in your blood.

- The THC can be in your baby's body for months.
- The THC can make your baby extra sleepy. This can lead to less feeding and not enough growth.
- Babies of moms who use marijuana can have a higher risk for SIDS (crib death).
- Babies of moms who use marijuana may be slower to learn, or slower to roll over, sit up or walk. They may have lifelong learning problems.
- Marijuana may have other dangerous chemicals or drugs in it that can make your baby sick.

What should I do?

- We recommend that you do NOT use marijuana if you are breastfeeding your baby.
- If you are a daily user and do not intend to stop, use formula to feed your baby. Do not breastfeed at all.
- If you need help stopping, talk to your nurse or doctor.

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.