

Talk to your doctor

Cannabis is a drug and can have side effects, or make a prescribed drug not work as expected. It can make some health problems worse. Talk to your doctor about the potential risks of using cannabis.¹



Proposition 65 Warning :

“This substance contains chemicals known to the State of California to cause cancer, birth defects or other reproductive harm.”



To learn more about Humboldt Allies for Substance Abuse Prevention, visit humboldtasap.wordpress.com.

Cannabis, Alcohol & Other Drug Programs in Humboldt County humboldt.gov/AODServices

- **Department of Health & Human Services Alcohol & Other Drug Treatment Programs**
720 Wood St., Eureka, CA 95501
707-476-4054
- **Department of Health & Human Services Healthy Moms Program** (assessment and referrals only)
2910 H St., Eureka, CA 95501
707-441-5220
- **Adolescent Treatment Program**
1711 Third St., Eureka, CA 95501
707-268-3370
- **Alcohol & Drug Care Services, Inc.**
1335 C St., Eureka, CA 95501
707-445-DTOX, 707-445-3869
- **Marijuana Anonymous Humboldt County**
Church of the Joyful Healer, Room 5
1944 Central Ave., McKinleyville, CA 95519
707-834-3211
- **United Indian Health Services**
1600 Weott Way, Arcata, CA 95521
707-825-5060
- **Department of Health & Human Services Alcohol & Other Drug Prevention Program**
908 Seventh St., Eureka, CA 95501
707-268-2132

Southern Humboldt

- **Redwoods Rural Health Center**
101 West Coast Road, Redway, CA 95560
707-923-2783

Eastern Humboldt

- **K'ima:w Medical Center**
535 Airport Road, Hoopa, CA 95546
530-625-4261 ext. 450

WHAT EXPECTANT AND BREASTFEEDING MOTHERS

NEED TO KNOW ABOUT CANNABIS



KNOW THE FACTS

Women who are pregnant, breastfeeding or trying to get pregnant should avoid using cannabis in any form.²

During pregnancy

- Cannabis enters the body by being smoked, eaten, vaporized or absorbed through the skin.^{1,2}
- Women who are pregnant, breastfeeding or trying to get pregnant should avoid using cannabis in any form.²
- There is not enough research to know if cannabinoids (CBD) or cannabidiol (CBN) are safe during pregnancy or breastfeeding.
- Cannabis use in pregnancy can affect the baby's brain development. When the child reaches school age, he or she may have problems with learning. These include issues with attention, behavior, memory and delayed reading skills.³
- Smoking cannabis during pregnancy may increase risk of premature birth and low birth weight.^{1,2,4}



After the baby is born

- Tetrahydrocannabinol (THC), a psychoactive compound in cannabis, is present in human breast milk up to eight times more than the amount of THC in the mother's blood.⁵
- Babies have twice the risk of Sudden Infant Death Syndrome (SIDS) if they are exposed to cannabis smoke.⁵
- To learn more about how medication, drugs and other substances can affect pregnancy and breastfeeding, visit MotherToBaby.org.



The Breastfeeding Task Force of Humboldt County a committee made up of staff from DHHS's Maternal Child & Adolescent Health, lactation consultants, health care providers, nurses, doulas, peer counselors and mothers, developed this policy on breastfeeding and substance use:

- Breastfeeding is the best possible nutrition for babies
- Breastfeeding mothers should avoid the use of all drugs, unless prescribed by a physician
- Breastfeeding mothers should discuss their prescriptions with their medical providers.

Sources and further reading

1. *Mayo Clinic Natural Standard Patient Monograph Drugs & Supplements: Marijuana (Cannabis sativa)*, 2017.
2. *Marijuana use during pregnancy and lactation*. The American College of Obstetricians & Gynecologists, Committee on Obstetric Practice Committee Opinion, #637, July 2015.
3. *School achievement in 14-year old youths prenatally exposed to marijuana*, Neurotoxicology and Teratology, volume 34, August 2011.
4. *Birth outcomes associated with cannabis use before and during pregnancy*. Pediatric Research, February 2012.
5. *The Academy of Breastfeeding Medicine Clinical Protocol #21: Guidelines for Breastfeeding and Substance Use or Substance Use Disorder*, volume 10, #3, 2015.

The full text of the Breastfeeding Task Force of Humboldt County's policy on breastfeeding and substance use can be found at humboldt.gov/2273/Breastfeeding-Task-Force.

This policy was reviewed by: Sue Grenfell, MFT, Supervisor of Healthy Moms; Dr. Donald Baird (Family Medicine), Public Health Medical Officer; Dr. Ted Humphry (Pediatrics), Open Door Community Health, retired; Dr. John Sullivan (Pediatrics), Public Health MCAH Program; Dr. Devin Wong (Pediatrics), Open Door Community Health.

REMEMBER :

Substances ingested by the mother can be passed on to the child in breast milk.⁵