



What have you heard about *pregnancy and cannabis?*

If you need help to stop or reduce your use of cannabis, talk to your doctor or call **HealthLine at 811** for advice and support.

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There is a lot of confusing information about pregnancy and cannabis. Research does show that cannabis can have effects before, during, and after pregnancy.

| While trying to get pregnant | During pregnancy | While breastfeeding | What about nausea? |
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| Cannabis use may make it harder to get pregnant. It can impact the fertility of both males and females. | Cannabis use during pregnancy may limit a baby's growth and could result in a child having difficulties with learning or other areas of functioning. | Chemicals in cannabis can be passed to a baby through breast milk. These chemicals have been detected in human milk up to 30 days after cannabis use. | Doctors do not recommend using cannabis for controlling pregnancy-related nausea or vomiting. Talk to your doctor to discuss other treatment options. |

Researchers and doctors agree that the safest choice is to stop using cannabis when trying to get pregnant, during pregnancy, and when breastfeeding. If you cannot stop using cannabis, it is safer that you reduce your use (use smaller amounts and use less often).

Learn more at <https://skprevention.ca/pregnancy/cannabis-and-pregnancy/>.

