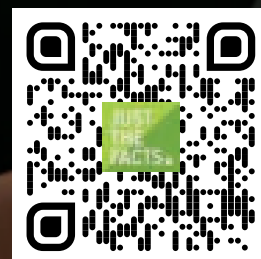


Fertility > Pregnancy >
Breastfeeding >

CANNABIS & REPRODUCTIVE HEALTH

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There is no known safe amount of cannabis use during pregnancy or breastfeeding.

Cannabis Use and Fertility

Cannabis use may make it more challenging for some people to conceive. Research suggests it can affect fertility in both men and women. If you're trying to become pregnant, it may be helpful to know that cannabis use could influence:

- **The ability to conceive**
- **Menstrual cycles**
- **Sperm count and sperm quality**

If you have questions about fertility or substance use, a health care provider can offer guidance that fits your needs.

Pregnancy

Substances consumed by the mother can reach the developing baby. Although cannabis is a natural plant, "natural" doesn't always mean safe during pregnancy. Cannabis can also be stored in the body and passed onto the baby long after consumption.

Some people may think cannabis helps with symptoms like nausea. If you are feeling unwell during pregnancy, your health care provider can help you explore safe, effective options for relief.

As the amount, strength, and frequency of cannabis use increases, so does the likelihood and severity of potential harm to the baby's developing brain.

Harms may include:

- **Lower birth weight and reduced alertness**
- **Behavioural and mental health challenges throughout childhood and adulthood**
- **Learning difficulties at school and challenges later in work life**

Breastfeeding

Breastfeeding offers many health benefits for babies. THC can pass into breast milk and reach the infant. The safest option while breastfeeding is to avoid cannabis.

Once THC is passed to the baby, it is stored in their body fat. This means it can stay in a baby's system for weeks. Long term, this may affect early learning and behaviour. Short term, babies may:

- **Be more drowsy than usual**
- **Have difficulty latching or feeding**

Since THC leaves the body slowly, "pumping and dumping" breast milk does not reduce a baby's exposure.

If you're using cannabis and have questions about breastfeeding, a health care provider can help you make a plan that feels safe for you and your baby.



Learn More

For complete health information and guidance, scan the code and visit the website: www.canada.ca