






# Marijuana Use in Pregnancy: Taking Care of You and Your Baby

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## What are the health effects of marijuana use during pregnancy?

Smoking or vaping marijuana can cause lung disease, memory problems, and mood problems for users. Marijuana use during pregnancy can lead to possible harm to your baby, no matter how it's used – smoking, vaping, dabbing, eating, or drinking.

### Possible harm may include:

-  Fetal growth restriction (baby does not gain enough weight before birth)
-  Increased risk of stillbirth (death of a baby before or during delivery)
-  Preterm birth (being born before 37 weeks of pregnancy)
-  Low birth weight
-  Long-term brain development, memory, learning, and behavior problems

## What are the health effects of marijuana use during breastfeeding or chestfeeding?

The American Academy of Pediatrics recommends people do not use marijuana while breastfeeding or chestfeeding. This is because chemicals from marijuana can pass through breastmilk and affect your baby's long-term development.

## What are the legal risks of marijuana use during pregnancy?

Marijuana is legal in Michigan, but it is still illegal at the federal level. State law requires that mandated reporters notify Children's Protective Services (CPS) if they think a newborn infant has any amount of alcohol or controlled substance in their body that is not related to medical treatment. If the report is assigned to CPS, a CPS case manager will contact the family to check on child safety and family well-being.

## What kind of marijuana testing does Michigan Medicine do?

At Michigan Medicine, we test newborn stool (meconium) for marijuana when pregnant people tell us they have used marijuana after the first trimester (the first 12 weeks) of their pregnancy. We also give pregnant people urine tests when the results help us provide treatment for substance use disorders.



Urine drug tests on pregnant people may show marijuana for **up to 1 month** after last use.



Newborn stool (meconium) tests may show marijuana for **up to 5 months** after the pregnant person's last use of marijuana.

## How can I get help to stop using marijuana during pregnancy?

If you are using marijuana for nausea, your doctor or provider can recommend other safe treatment options. If you are using it to treat anxiety, depression, stress, or post-traumatic stress disorder (PTSD), your provider can help with stress management, talk therapy, medication, or other supports. If you are using marijuana for other reasons and find it hard to stop using on your own, there are treatment options that can help:

- Cognitive behavioral therapy (CBT): A form of talk therapy that helps you develop strategies to cope with quitting marijuana.

- Contingency management (CM): A treatment with positive rewards for quitting or cutting down.
- Motivational enhancement therapy (MET): A treatment to help identify your own motivations to quit.

### **What can I do next to get help?**

- Ask for a referral to a social worker. If you need help stopping or reducing your marijuana use, your office nurse, doctor, or midwife can make a referral to a social worker who can help find resources for you.
- Talk to your primary care or pregnancy care team about treatment. Your team can provide treatment, including medication, and they can help you manage stress or refer you to a specialist.
- More resources are available online at the Michigan Department of Health and Human Services (MDHHS) website.
  - Getting help for a substance use problem in your county: [www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/drugcontrol/welcome/get-help-now-behavioral-health\\_1](http://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/drugcontrol/welcome/get-help-now-behavioral-health_1)
  - Finding a Home Visiting program near you: [www.michigan.gov/homevisiting](http://www.michigan.gov/homevisiting)



### **What if I don't want to stop using marijuana?**

- Medical and community health professionals can help you have the safest pregnancy possible, including reducing your marijuana use, even if you do not want to fully stop.
- It is important to remember that if we think a newborn infant has any amount of alcohol or a controlled substance in their body, we are required to report this to Children's Protective Services (CPS).

## What are some community support resources?

- **Michigan Tobacco Quitlink:** not just for tobacco users, Quitlink offers free services to help people quit using marijuana. Call 800-QUIT-NOW (800-784-8669) or go to [michigan.quitlogix.org](http://michigan.quitlogix.org) to get help quitting.
- **Washtenaw County Community Mental Health (WCCMH)** provides substance use support and mental health services to all people in Washtenaw County, whether or not they have a diagnosis, insurance coverage, or the ability to pay for services. 24/7 phone services are available by calling (734) 544-3050.
- **Community Mental Health Partnership of Southeast Michigan (CMHPSM)** provides mental health services for people with substance use needs. Call (734) 344-6079 or e-mail [help@cmhpsm.org](mailto:help@cmhpsm.org).
- **Home of New Vision** is a substance use disorder and mental health treatment agency that provides personalized recovery programs and specialized services to help people quit. Call (734) 975-1602 for more information.

For more information about marijuana and health, visit:

[washtenaw.org/marijuana](http://washtenaw.org/marijuana).

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