

In this section, we provide expert advice from researchers and physicians on the use of cannabis as an expecting parent:

colorado school of public health

The Cannabis Research and Policy Team at the Colorado School of Public Health conducted a scoping review of the scientific literature on the health effects of high concentration cannabis products and released the following statement pertaining to pregnant and nursing women:

“There are no studies that showed evidence linking high concentration use with harm to pregnant women and/or their children. Having no research should not be interpreted as evidence of no harm; we do know of harmful effects for pregnant women and their children from cannabis use, however nothing has been published specific to high concentration use.”



The American College of Obstetricians and Gynecologists released the following statement in 2017:

“Because cannabis is neither regulated nor evaluated by the U.S. Food and Drug Administration, there are no approved indications, contraindications, safety precautions, or recommendations regarding its use during pregnancy and lactation. Likewise, there are no standardized formulations, dosages, or delivery systems. Smoking, the most common route of administration of THC, cannot be medically condoned during pregnancy and lactation.”

UNIVERSITY of WASHINGTON

The Washington State Prevention Research Committee report on ‘Cannabis Concentration and Health Risks’ stated:

“Cannabis use during pregnancy impacts both infants and mothers. Negative health impacts for infants include low birth weight, decreased IQ scores, and attention problems. Research is needed to assess whether higher concentration cannabis use during pregnancy poses an even greater risk for infants.”



American Academy of Pediatrics

“Women who are considering becoming pregnant or who are of reproductive age need to be informed about the lack of definitive research and counseled about the current concerns regarding potential adverse effects of THC use on the woman and on fetal, infant, and child development. Cannabis can be included as part of a discussion about the use of tobacco, alcohol, and other drugs and medications during pregnancy.”