

**Are you thinking about becoming a father or having another child?**

Research at Duke University has shown that marijuana use can have negative effects on sperm. This may make it more difficult for couples trying to become pregnant. We also found that marijuana use changes how some genes in sperm are used in the body. These genes are related to organ growth, brain development, and cancer. We still don't know about the possible health effects these changes cause in children. We're doing more research to learn if the changes to sperm can be passed down from father to child.

Our study found that stopping marijuana use for at least three months could lessen the changes to genes in sperm that may be passed down to children. Until we know more about how marijuana affects the health of men's sperm and development of their children, we recommend that men avoid using marijuana for as long as they can before trying to have a child.



This brochure is produced by the CIPHERS project.

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Visit our website for more information about the CIPHERS project and to view more materials on reproductive health and marijuana use.

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**Pregnancy,  
Breastfeeding and  
Marijuana: Information  
for Mothers and Fathers**



## Are you pregnant or trying to become pregnant?

If you are pregnant or are trying to become pregnant, the American College of Obstetricians and Gynecologists recommends not using marijuana. There is still more to learn about how marijuana affects the health of mothers and their children. Current research tells us that mothers should avoid using marijuana during pregnancy.

## Having morning sickness?

If you are using marijuana to treat morning sickness or other pregnancy symptoms, there are other ways to treat these symptoms that are safe for both you and your baby. Talk with your doctor about these options at your next visit.

## Do you breastfeed or are you thinking of breastfeeding?

Breastfeeding has many benefits for both you and your baby. It helps build your baby's immune system, which may protect them from illness and can help you bond with your child.

### Here are a few breastfeeding tips:

- It is important to think about what goes into your body since usually it will also go into your baby's body through your breastmilk.
- THC, the chemical in marijuana that makes you feel high, is stored in body fat and can travel from a mother's milk to her baby. The "pump and dump" method that many mothers use after drinking alcohol will not work for marijuana.

**The American Academy of Pediatrics recommends not using marijuana while breastfeeding.**

## Marijuana Facts

- Marijuana smoke has many of the same harmful chemicals found in tobacco smoke, and may increase your risk of lung illness and disease.
- Using marijuana while you are pregnant may affect your baby's health in the womb and after they are born.
- Using marijuana may be linked with early delivery and lower birth-weight. These problems might be worse if you use marijuana more often and in combination with tobacco.
- Using marijuana during pregnancy may hurt your child's growth and lead to learning and attention problems as they get older.

