

# CANNABIS USE BEFORE, DURING AND AFTER PREGNANCY

There is **no known** safe amount of cannabis use in pregnancy or when breastfeeding.

## EFFECTS ON CONCEIVING

Heavy cannabis use may change menstrual cycles in women, and lower sperm count and quality in men.

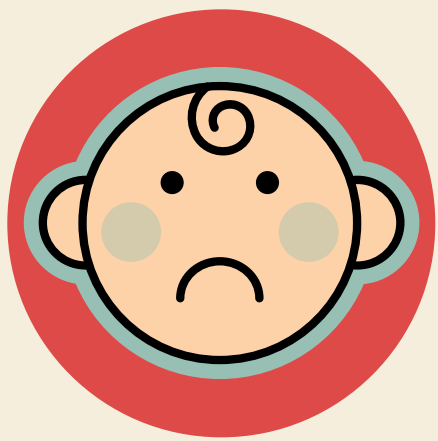


## CANNABIS SHOULD NOT BE USED TO TREAT PREGNANCY RELATED MORNING SICKNESS

Talk to your health care provider to find the best option for you and your baby.

## SMOKING CAN REDUCE OXYGEN AND NUTRIENT SUPPLY TO THE FETUS

Effects can include: low birth weight, reduced alertness and slower growth.

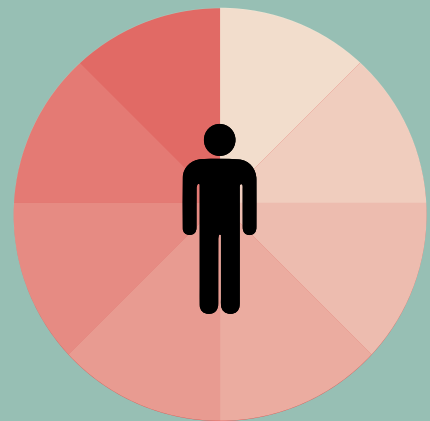


## CANNABIS SHOULD NOT BE USED WHILE BREASTFEEDING

THC passes through breast milk to a baby's fat cells and brain. Exposed infants are at greater risk of life-long health issues.

## BE INFORMED

Know the potential risks to you and your family's health.



**Renfrew County and District Health Unit**  
"Optimal Health for All in Renfrew County and District"