

LOWER YOUR RISKS

- KEEP CANNABIS IN A SAFE PLACE
- FREQUENCY
- QUANTITY
- % OF THC
- CHOOSE A LEGAL CANNABIS PRODUCT AND A REGULATED VAPE
- SMOKE OR VAPE OUTDOORS
- COVER YOUR UPPER BODY AND HAIR
- WASH YOUR HANDS AND FACE
- DO NOT MIX WITH MEDICATIONS OR ALCOHOL
- AVOID SMOKING CANNABIS

LOOK AFTER YOUR BABY

- HAVE A BABYSITTER LOOK AFTER YOUR BABY WHILE YOU ARE USING CANNABIS
- BREASTFEED 4HRS AFTER SMOKING OR VAPING
- GIVE YOUR BABY MILK THAT YOU EXPRESSED BEFORE YOU USED CANNABIS
- MAKE SURE YOUR BABY IS GETTING ENOUGH MILK AND IS HEALTHY

RESOURCES FOR PARENTS

<https://www.canada.ca/en/health-canada/services/drugsmedication/cannabis/health-effects/effects.html>

Government of Canada, "Is cannabis safe during preconception, pregnancy and breastfeeding?" 2018

Centre IMAGE du CHU Sainte-Justine, "Fumer du cannabis à des fins récréatives durant l'allaitement," 2018.



FÉDÉRATION
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REFERENCES

Allan M, et al., (2018). Simplified guideline for prescribing medical cannabinoids in primary care. Canadian Family Physician vol 64.

Baker T, Datta P, Rewers-Felkins K, Thompson H, Kallem RR, Baker et al. TW. Transfer of Inhaled Cannabis into Human Breast Milk. Obstet Gynecol. 2018. May;131(5):783-788.

Québec Cannabis Survey www.stat.gouv.qc.ca/statistiques/sante/cannabis-2018.html_an, 2018



CANNABIS AND BREASTFEEDING



GUIDELINE FOR PARENTS

WWW.NOURRI-SOURCE.ORG

CANNABIS

Cannabis is a flower that contains several molecules, including THC and CBD. CBD is a molecule that is used for its psychoactive effects.



Cannabis is mainly inhaled (91%), smoked, or vaped. Its effects can be felt within 1-2 minutes and last 2-3 hours.



Cannabis oil, in soft-gel capsules or taken with a dropper, is edible. The effects begin 30-90 minutes after ingesting and last about 6-8 hours.



WHAT YOU NEED TO KNOW

3% of mothers

in Quebec say that they used cannabis during the time they were breastfeeding.

Cannabis is illegal for people under 21 years of age and in public places.

Cannabis can be found in the baby's bowel movements for several days after the breastfeeding parent used it.

The partner of a breastfeeding parent is often a cannabis user as well. Involving your partner in your efforts to reduce your cannabis use will make it easier to be successful.

THE MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX (MSSS) AND THE CENTRE IMAGE AT CHU SAINTE-JUSTINE AGREE THAT, IN MOST CASES, THE BENEFITS OF BREASTFEEDING OUTWEIGH THE RISKS OF CANNABIS USE.

The MSSS believes that smoking cannabis is more harmful to your health than other ways of using it. However, evidence on ingesting and vaping cannabis is not reliable enough to determine how long to wait after using cannabis before it is safe to breastfeed. If in doubt, ask your breastfeeding support volunteer or your doctor.



RISKS FOR INFANTS

- No quantity of cannabis can be considered safe for a breastfed child
- Your baby may become sleepy and have trouble latching or sucking, and this can decrease your milk production
- Neurodevelopmental risks include sleepiness, impulsive behaviour, problems with attention and learning
- Long-term risks are not yet known
- Exposure to cannabis smoke can increase problems with neurological development and contribute to respiratory illnesses
- Cannabis affects the cognitive functioning of parents who use it and thus their ability to look after their child