

## HARM REDUCTION



## LOOK AFTER YOUR BABY



## RESOURCES FOR PARENTS

<https://www.canada.ca/content/dam/hc-sc/documents/services/drugs-medication/cannabis/health-effects/cannabis-before-pregnancy-fra.pdf>

Gouvernement du Canada, « Est-il sécuritaire de consommer du cannabis pendant la période précédant la conception, la grossesse et l'allaitement ? » 2018

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



FÉDÉRATION  
Nourri-Source

## 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.

Davis E, Lee T, Weber J T, Bugden S. Cannabis use in pregnancy and breastfeeding: The pharmacist's role, CPJ/RPC • march/april 2020 • VOL 153, NO 2

Moss M J et al., Cannabis use and measurement of cannabinoids in plasma and breast milk of breastfeeding mothers, Pediatric Research (2021)90:861-868

Québec Cannabis Survey  
[www.stat.gouv.qc.ca/statistiques/sante/cannabis-2018.html\\_an](http://www.stat.gouv.qc.ca/statistiques/sante/cannabis-2018.html_an), 2018

Fédération Nourri-Source 2023



## CANNABIS AND BREASTFEEDING



## GUIDELINE FOR PARENTS



WWW.NOURRI-SOURCE.ORG

Scan me

## CANNABIS

Cannabis is a flower that contains several molecules, including THC and CBD. THC is a molecule that is used for its psychoactive effects. Cannabis contains more than 700 molecules whose effects are not well known.



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

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

The milk may contain cannabis molecules for several hours or even days after the consumption. There is no defined elimination period. Wait at least 4-6 hours after consumption before breastfeeding.

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

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

**CANNABIS IS NOT RECOMMENDED DURING PREGNANCY IN ANY FORM.  
IF POSSIBLE, DO NOT USE CANNABIS WHILE BREASTFEEDING.**

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 likely, there is still little data to draw definitive conclusions, but early results would show a possible impact until young adulthood
- Exposure to cannabis smoke can increase problems with neurological development and contribute to respiratory illnesses
- Cannabis affects the cognitive functions of parents who use it and thus their ability to look after their child