



FÉDÉRATION
Nourri-
Source

CANNABIS AND BREASTFEEDING

Reduce harm

- Reduce frequency, quantity and % of THC below 5%
- Choose a approved product
- Smoke or vape outdoors and change clothes (wash hands and face)
- Do not mix with alcohol or medication
- Express milk before consumption
- Breastfeed 4 to 6 hours after consumption does not guarantee that the milk does not no longer contains cannabis
- Have baby-sitting

KEEP CANNABIS IN A SAFE PLACE



The flyer
"Cannabis
and
breastfeeding
" is available
on the
website
2023

www.nourri-source.org



No quantity of
cannabis is
considered safe
for the baby

- Consumption is not recommended during pregnancy and breastfeeding
- Ensure that baby remains active at the breast and that milk transfer is normal
- Cannabis transferred through milk is found in the baby's bowel movement for days after use
- Milk production may decrease
- Neurodevelopmental risks for the child

REFERENCE: LE PETIT NOURRI-SOURCE