

Smoking weed while pregnant is a controversial topic with strong opinions from both opponents and proponents. If you're trying to decide about smoking weed while pregnant, read on for some helpful information. Please note that this is not medical advice coming from a doctor - just common observations from research on the topic of using marijuana during pregnancy.

Pro: Marijuana Helps With Morning Sickness

Nausea and vomiting are frequent symptoms of pregnancy, and they can happen any time, day or night. Smoking weed while pregnant can help with this! The severity of morning sickness can range from mild discomfort and inconvenience to hospitalization due to dehydration or malnutrition. Extreme morning sickness is diagnosed as hyperemesis gravidarum. This condition is more well known now than in the past, in part because Kate Middleton suffered from it during her pregnancies.

Some women can't stand seeing or smelling any food items, which makes it very difficult for them to nourish their bodies and their growing babies. Calorie intake should increase during pregnancy, and prenatal pills are also encouraged. It is difficult to accomplish the goal of eating, drinking, or taking large pills when one is constantly sick. Smoking marijuana - or consuming within edible food or drink - can provide instant relief. Marijuana is known to reduce nausea in patients undergoing chemotherapy, and to increase appetites for medicinal purposes. The combination of these two common results is incredibly beneficial for pregnant women who can't stomach food or drink without it.

Con: Marijuana Risks Unclear

It is easy to find anecdotal evidence against or in favor of smoking weed while pregnant, but those cannot be relied upon as fact. There have been legitimate studies in America demonstrating a correlation between pregnant women using marijuana, and babies born with low birth weights. There are also potential correlations with marijuana use and decreased fetal brain or nervous system development. Others have claimed that smoking marijuana while pregnant results in children with poor attention spans or hyperactivity.

Note that there is potential correlation, but very little established causation. The American studies often included pregnant women who used other substances in addition to marijuana, such as cigarettes, alcohol, or hard drugs. International studies focusing on exclusive use of marijuana do not indicate any clear problems between infants born to marijuana smokers, immediately after birth and at five and ten years old. The internet allows you to find research that will support or disprove virtually any theory, so this is best decided by extensive reading on reputable health and science publications, as well as conversation with your doctor.

Pro: Cannabis Offers Stress Relief

Growing a baby is hard work, physically, mentally, and emotionally. Many pregnant women are plagued with fears about their child's health, their own health, what the future may hold, and how well they do as a parent. The baby can be negatively impacted by the mother experiencing stress or emotional trauma, so it is very important for pregnant women to regulate their emotions. Unfortunately, this can be difficult for anyone to do, even without the influence of a constant flood of hormones coursing through them!

Women are often expected to stop using their prescription drugs upon realizing that they are expecting. This means that a woman who formerly depended on anti-depressants, anti-anxiety pills, or sedatives is now left without anything to help her balance her brain chemistry and hormone levels. This is another scenario in which smoking weed while pregnant can be of benefit to mother and child. A relaxed, happy mother creates a healthier environment for their baby to grow in, and marijuana can provide exactly that.

Con: Drug Use During Pregnancy Can Increase Stress

The act of smoking weed - while pregnant or not - does not tend to increase stress or anxiety. It generally has the exact opposite effect, bringing about calmness, clarity, and peace of mind. It is important to note, though, that pregnant mothers using cannabis have an additional set of worries to consider. Depending on the laws in your state or country, it may be illegal to smoke weed while pregnant. Sometimes doctors will prescribe marijuana to treat morning sickness, or they will tell a heavy user not to suddenly quit when they become pregnant unexpectedly. Even when a doctor authorizes the use, though, the mother (and father) can be investigated by Child Protective Services. There is a wealth of evidence in favor of marijuana's medical benefits, but unfortunately the US government still classifies it as extremely dangerous and with no medical benefits. This discrepancy between law and common sense can lead to legal or criminal charges.

Most women who smoke during pregnancy do not experience this, however, the fear is still there. It seems very obvious that a woman smoking weed while pregnant is not putting her child at risk the way a woman smoking crack is. But some doctors, nurses, lawyers, and CPS workers feel otherwise. If blood tests show the presence of THC in mother or baby's system, the parents may be required to take parenting classes, submit to frequent drug testing, or be open to unscheduled child safety check up visits at their home. Everyone has the same, very legitimate goal in mind: protecting the safety of the child. If you find yourself in this scenario, it is best to provide documentation of all doctor's orders and applicable, credible research. Work with the system and understand that they are trying to ensure your child's wellbeing. But research your rights as parents and cannabis users, and employ legal representation of your own if you feel it is necessary.

Pro: Cannabis as a Substitute for Other Medications

There are millions of women in this world that suffer from chronic pain, debilitation, or illness. Some women have former injuries that left painful scarring and arthritis, others have chronic illnesses like lupus, and others struggle to manage conditions like multiple sclerosis. As such, there are millions of pregnant women who have the added difficulty of pre-existing pain or diseases. Many of these issues can be managed with medication, but many medications are not safe for a developing baby. What is a woman to do on a daily basis, then? Medical marijuana can substitute for any number of pain relievers or more toxic substances.

Studies are conflicted right now as to just how dangerous/safe it can be to use cannabis during pregnancy. Studies are very clear, however, on the risks of narcotics and steroids to a developing fetus. Ideally no one would need any type of medication while pregnant, but this is simply not plausible in reality. It seems much more logical to ingest something natural, that has been used for centuries, and has studies supporting positive impact on the child, versus something that is absolutely known to have many detrimental effects and no potential positive effects.

Con: Risks of Impure Marijuana

Some believe that marijuana in itself is fine, but there is a risk in terms of other substances that may be tainting it. This is a valid concern, though not nearly so much so as with other drugs. Heroin and cocaine can be cut with virtually any fine white powder, including chalk, baking powder, boric acid, rat poison, or ground up aspirin. Marijuana, on the other hand, is rarely spliced with anything besides other types of marijuana. There is a slight risk of ingesting another herb being sold as marijuana, or even some marijuana that has been artificially painted or colored to look more green. Most smokers have a distinct preference between indica or sativa strains, and it is not always easy to distinguish between the two. This can be a problem if someone is expecting relief from one type, but instead experiences the other type.

If you live someplace with legal medical or recreational marijuana, this is not much of an issue. Purchasing from a legal, regulated dispensary or retailer will provide a great deal of peace of mind in regards to the purity and effects of the marijuana. Bud tenders are trained to know the differences between various strains, and are able to recommend specific types of marijuana - and/or ingestion methods - that will work best for you. This is the safest way of using pot while pregnant.

Conclusion

Smoking weed while pregnant is a personal decision with many factors to consider. The FDA has designated marijuana as a Category C substance. Substances in this category are considered a risk, but they are not definitively proven as such. Additionally, the benefits may justify the use of the substance despite the risks:

“Animal reproduction studies have shown an adverse effect on the fetus and there are no adequate and well-controlled studies in humans, but potential benefits may warrant use of the drug in pregnant women despite potential risks.”

If you're smoking weed while pregnant, you should make every effort to have a clean smoking experience. This means cleaning your pipe or piece with Pipe Wipes regularly. Keeping the bowl clean will help to ensure a clean inhale without residue that can be difficult on the lungs. Cleaning the mouthpiece will prevent contracting shared viruses or bacteria, as well as eliminate mold, germs, and other buildup that could be hazardous to your - or baby's - health.

We've included some links below that go into further detail on studies related to smoking weed while pregnant. We encourage you to research them in detail before making your decision.

Resources

[Marijuana During Pregnancy](#)

[Pregnancy and Marijuana: Can Pot Help Pregnant Women with Vomiting and Nausea?](#)

[Hyperemesis Gravidarum](#)

[What Research on Pot Use During Pregnancy Does and Does Not Prove](#)

[Smoking Weed While Pregnant](#)

[FDA Pregnancy Categories](#)

[Breath, Push, Puff? Pot Use and Pregnancy: A Review of the Literature](#)