

June 2019 E-Newsletter: Marijuana & Breastfeeding: Is It Safe?

[Campaign Preview](#)

[HTML Source](#)

[Plain-Text Email](#)

[Details](#)

[Marijuana & Breastfeeding: Is it safe?](#)

[View this email in your browser](#)



[Marijuana & Breastfeeding: Is it safe?](#)

Over half the country have legalized the medicinal and recreational use of marijuana. Georgia has yet to legalize the use of marijuana, yet many pregnant women use marijuana during pregnancy and breastfeeding. Marijuana is the most commonly used recreational use during pregnancy. Marijuana is classified as a scheduled 1 drug which is in the same classification as cocaine. From

2009 to 2016, Marijuana use has climbed from 4% to 9%. This data is self-reporting and thought to higher than actually reported.

The Center for Disease Control and Prevention recommends data are insufficient to say yes or no on the use of marijuana and breastfeeding. Chemical from marijuana in any form can be passed from a mother to infant through breast milk. The American Academy of Pediatrics (AAP) recommend insufficient data to effects on infant who are exposed to marijuana while breastfeeding. Also, AAP recommends to inform patients of potential risks of marijuana during lactation, subject to child welfare investigation, and help with constructive, non-punitive policy and education for families. Academy of Breastfeeding Medicine states, "Breastfeeding mothers should be counseled to reduce or eliminate their use of marijuana to avoid exposing their infants to this substance and advised of the possible long term neurobehavioral effects from continued use. ACOG recommendations are insufficient data to evaluate the effects of marijuana on use during lactation.

So, you can see why everyone is so confused on how the use of marijuana during lactation will affect infants. A research study was done in Colorado involving 8 postpartum women that smoked 0.1g cannabis and breastmilk was tested at 20 minutes, 1 hour, 2 hour, & 4 hours after cannabis consumption. D9-THC levels were detected in breast milk as early as 20 minutes and peaked at 1 hour. These data suggest that an exclusively breastfeeding infant ingest 2.5% of the maternal dose and demonstrates that D9-THC levels decline quickly in the breastmilk compartment. By 4 hours after smoking, D9-THC levels were much lower. So, what does this mean? Smoking 0.1mg of cannabis, the psychoactive molecule D9-THC enter the breastmilk compartment rapidly, peaks at 1 hour and is returning to baseline by 4 hours after consumption. D9-THC does not linger in breastmilk due to its high fat content. More research is needed on the effects of breastmilk and marijuana. This pilot data suggests that, like alcohol, there may be a day where is it possible to talk to lactating parents about the peak and fall of D9-THC exposure via human milk after smoking cannabis.

For now, Marijuana continues to be classified as a L4 which means potentially hazardous per Dr. Hale's Medications and Mother's Milk (2019). With the legalization of cannabis/marijuana in many states, there is increase concern with use of marijuana in breastfeeding mothers. Both human and animal studies suggest that early exposure to cannabis may not be benign, and that

cannabis exposure in the perinatal periods may produce long term changes in mental and motor development. While this data poses numerous limitations, and does not directly examine the benefits of breast milk vs exposure to marijuana in the milk, cannabis used in breastfeeding mother should be discouraged at this time.

References

1. Hale, Thomas (2019), Dr. Hale's Medications and Mother's Milk. New York: Springer Publishing Company
2. Thompson, Heather. (2018) Publication of Colorado data!! Transfer of Inhaled Cannabis Into Human Breast Milk. Retrieved on May 24, 2019 from <http://www.elephantcircle.net/circle/2018/4/9/the-paper-is-published-transfer-of-inhaled-cannabis-into-human-breast-milk-by-t-baker-p-datta-k-rewers-felkins-h-thompson-r-kallem-and-t-hale-bjh5s>

Copyright © 2020 Georgia Perinatal Association, All rights reserved.

Thank you for being a GPA member!

Our mailing address is:

Georgia Perinatal Association
PO BOX 13784
Savannah, Ga 31416

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)



Copyright © 2020 Georgia Perinatal Association, All rights reserved.

Thank you for being a GPA member!

Our mailing address is:

Georgia Perinatal Association
PO BOX 13784
Savannah, Ga 31416

[Add us to your address book](#)