

Talking to patients about alcohol and cannabis use during pregnancy

A quick guide



Reasons to initiate a conversation with your patients



Not everyone knows the risks



Patients may not bring it up



They need clear, non-judgmental information

The top 5 things to communicate

- 1 It's safest to not consume any amount or form of alcohol or cannabis at any time during pregnancy.
- 2 Alcohol and cannabis use while trying to conceive, pregnant and nursing poses risks to both baby and parent.
- 3 It's never too late to stop or reduce alcohol or cannabis use.
- 4 Emphasize support from the pregnant person's friends and family in creating a healthy pregnancy.
- 5 Reducing or stopping use at any time can reduce the impacts.

Potential effects of prenatal alcohol exposure



Low birth weight



Impaired brain development



Lifelong cognitive, behavioural and mental health challenges



Physical disabilities

For more information, resources and support, patients and health care providers can visit:

KnowMyLimits.ca