

No safe amount

What you should
know about alcohol
and cannabis use
before, during and
after pregnancy





It's normal to have questions. Now's the time to ask.

It's never too early, or too late, to ask questions about alcohol or cannabis use.

Lots of people don't know that alcohol and cannabis both pose risks during pregnancy. To be sure you get just the facts, it's always best to ask a trusted health care provider or other expert for answers.

Some important things to know



It's safest not to use alcohol or cannabis.

There is no known safe amount, time, or form of alcohol or cannabis to consume while trying to get pregnant or while pregnant.



There are risks to both you and the baby.

Alcohol or cannabis use can affect your own health, your pregnancy, and the development of your baby. This includes any time you're trying to conceive, while pregnant, and while breast or chest feeding.



It's never too late to make a change.

If you consumed alcohol or cannabis while pregnant, reducing or stopping use at any time can reduce the potential impacts. Support is also available to help you set goals for reducing or stopping use during this time or find safe alternatives to medicinal use.



It's okay to ask for help.

You're not alone! Having a circle of people you love and trust (like your partner, friends, and/or family) who will support a healthy pregnancy is key.

What are the risks...

While trying to get pregnant?

Alcohol and cannabis may impact both men's and women's fertility and may make it harder to become pregnant.

During pregnancy?

Since a baby's brain and body are developing during the entire pregnancy, exposure to alcohol may result in lifelong physical, mental, social, behavioural and learning challenges. This is called Fetal Alcohol Spectrum Disorder (FASD) and is a lifelong condition. There is also the risk of early delivery and low birth weight.

If a developing baby is exposed to cannabis, they may be born at a low birth weight. They may also have brain development issues that can lead to lifelong cognitive, behavioural and mental health challenges.

If you're using cannabis for medical reasons, talk to a trusted health care provider about the benefits of using cannabis versus the potential risks to you and the baby. If using cannabis to manage nausea or other symptoms, talk to a health care provider about safer alternatives.



While nursing?



Alcohol and THC or CBD from cannabis can enter breast milk.

Alcohol exposure can affect a baby's growth, movement, sleep or ability to learn. Cannabis exposure can affect a baby's mind and body. If a baby is exposed to THC through breast milk, they may be drowsy, have reduced muscular tone and have trouble suckling.

To learn more and see
what you can do, visit:

[KnowMyLimits.ca](https://www.knowmylimits.ca)

