

Cannabis (Pot) use in Pregnancy

Smoking pot when you are pregnant can lead to your baby being small and underweight when it is born.

You might go in to labour early.

Your baby may develop breathing problems like asthma.

Your baby might have problems learning as it gets older.

Mixing with tobacco

As most people mix pot with tobacco your baby can be affected by nicotine as well.

It is best if you can cut down or stop your pot use when you are pregnant.



Support

Have you smoked pot during your pregnancy? You might be worried about the impact it can have on your growing baby. Please ask for a referral to the Substance Use in Pregnancy and Parenting Service (SUPPS).

Helpful telephone numbers:

ISLHD Antenatal Clinic Wollongong	4253 4256
Shoalhaven Antenatal Clinic	4429 2929
ISLHD Substance use in Pregnancy and Parenting Service	1300 652 226
ISLHD Drug and Alcohol Helpline	1300 652 226

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.