



Marijuana for morning sickness? Marijuana consumption during pregnancy in Colorado

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22% of pregnant people in Colorado test positive for cannabis at labor and delivery



13,863 out of 61,494 Colorado babies born in 2020 are exposed to marijuana
Only 2-7% of patients report consumption to their obstetrician

Fetal marijuana exposure is not safe

Consumption reason:

- Nausea and/or vomiting (77.8%, 77%)
- Stress/anxiety (81.5%, 75%)
- Pain (55.1%, 83%)
- Insomnia (74%)
- Appetite (70%)

Clinical studies show:

- ↓ birth weight
- ↑ preterm labor
- ↑ small for gestational age
- ↑ NICU admissions
- ↑ anxiety
- ↑ ADHD

Confusion in legality harms pregnant patients

- Like cigarettes and alcohol, there are no legal consequences for consuming marijuana while pregnant for parents 21+
- Drug testing at labor and delivery is:
 - Not ubiquitous (Colorado Revised Statute 13-25-136)
 - Up to provider discretion
 - Black patients are 1.5-2X as likely to be drug tested, despite consuming at similar rates
- If + for cannabis at labor and delivery, and provider is concerned → CPS involvement
- Patients are afraid to mention use to their provider due to fears of legal repercussions

Marijuana is legal in Colorado, but research is very difficult

Schedule 1 drug → research requires a federal drug license



CBD research took 16 months to begin

Labor and delivery units are so overwhelmed that they can't screen for patient's marijuana use

Screening for substance use is a verbal or written questionnaire

- Necessary for obstetricians to provide comprehensive care
- Most screening → alcohol, opioids, methamphetamines, etc.
- Nurses report that there are “so many cannabis positive patients” that they don't have the staffing ability to complete screening and input the data

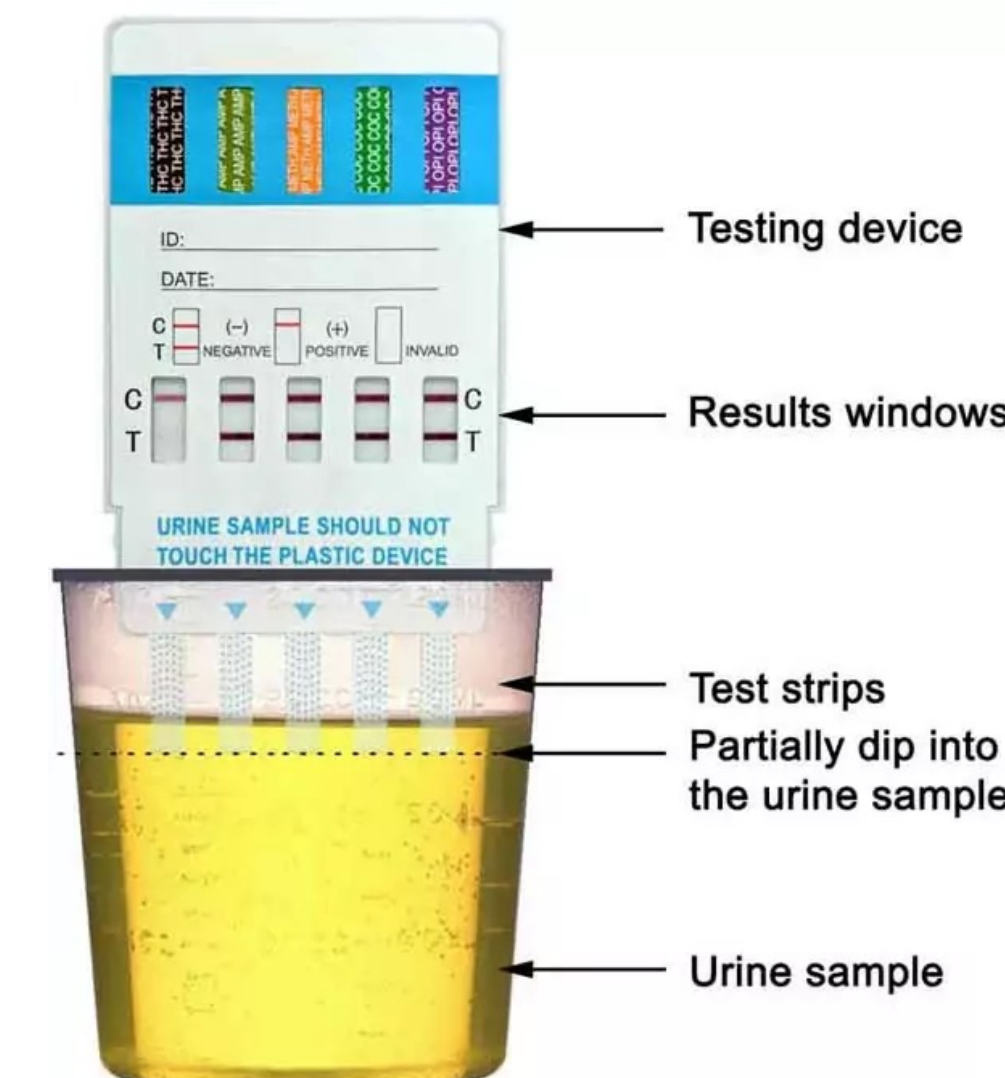
Toxicologic testing is using blood, urine, breastmilk, etc. to test for THC metabolites

- Is often used if newborn is showing signs of withdrawal

Verbal screening

DAST-10	No	Yes
1. Have you used drugs other than those required for medical reasons?	0	1
2. Do you abuse more than one drug at a time?	0	1
3. Are you always able to stop using drugs when you want to? (If never used drugs, answer Yes)	0	1
4. Have you had blackouts or flashbacks as a result of drug use?	0	1
5. Do you ever feel bad or guilty about your drug use? (If never used drugs, answer No)	0	1
6. Does your spouse (or parents) ever complain about your involvement with drugs?	0	1
7. Have you neglected your family because of your use of drugs?	0	1
8. Have you engaged in illegal activities in order to obtain drugs?	0	1
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	0	1
10. Have you had medical problems as a result of your drug use (eg, memory loss, hepatitis, convulsions, bleeding)?	0	1

Toxicologic testing



Budtenders encourage consumption

Dickson et al. conducted an anonymous interview study of 400 dispensaries in Colorado

In response to an 8-week pregnant person suffering from nausea:

- 69% say cannabis is safe
- 90% recommend method of use
- 65% reference personal opinion
- 81.5% say patient should talk to their doctor if asked
- 24.6% say patient should look online

Read what the budtenders say:



My research in mice highlights risk of CBD consumption alone



Fetal daily CBD exposure:
↓ Male pain tolerance
↓ Female cognition
Alters female brain development
Induces diabetes in males

Pregnant people rely on social media for information about the safety of marijuana

OBGYNs are supposed to discuss marijuana at prenatal visits, but don't
Research is hidden behind paywalls and is written for academics
Social media says that marijuana is safe

Personalized discussion:

I'm currently pregnant and I'm like mid recovery from an eating disorder I'm so conflicted about if I should continue with the plant or not

The risks of plant medicine outweighed the risks of starving and being malnourished pregnant

I'm suffering so bad right now, but everyone's like stay away from it! I'm scared

6-29 Reply
cannichangeurmind · Creator
Listen to your body

maybe i shouldnt of quit smoking, i suffered horribly with i majority of my pregnancy, multiple hospital visits

6-29 Reply
Liked by creator

cannichangeurmind · Creator
The plant kept me out of the hospital

Naturalistic fallacies:

They're okay with putting us on prescription meds, but want to threaten to take our children for using REAL medicine

Sometimes it is required just like any other medication! gotta do what you gotta do

Power of influence:

If I would've known!! Next baby - I will for sure!!

If I had only known how much it could've helped me when I was pregnant w/both my babies 😊 but I advocate for it now 😊

Saying marijuana was medically recommended:

My er dr acc suggested it to me, literally almost died from HG

girl I feel that !! I had HG and pre-eclampsia this plant was the only thing that helped me eat. my ob actually suggested it to me

Explaining legality:

In Arkansas I have to have a medical card they won't give it to me I'm not 21. I had Hg had my son at 27 weeks

having an issue with this rn with my first my midwife keeps it private knowing it helped but now I live in a legal state we're it's highly illegal!/?

Same! My state doesn't allow so I had to hide it from my doctors but I'd never have made it without it!

Validation that other people are using/perception of no bad outcomes:

girl, literally same. I had it with both pregnancies & a plant saved me each time.

Me too momma 🥰🥰 our baby's are healthy and smart. We wouldn't have made it without it!!

honestly don't know what would of happened if I didn't 😊 I'm so glad there are others ❤️ you're amazing

yesss I had the same think with my last two babies and it's the only thing that kept us alive literally

Used it both pregnancies! HG almost took me out. I honestly don't think I would've made it without

it was only thing that could let me eat and stop my sickness 🥰

6-30 Reply
Liked by creator

cannichangeurmind · Creator
Amen 🙏

I'm so jealous I didn't go for it. Both my pregnancies I had HG

Same here!! 🥰 Was the only way I could get out of bed without being dizzy 🥰. My girls 10 months too 🥰

Mee too babe 🥰🥰🥰

Same here mama! You are a warrior 🥰🥰

H!!! Hg mama here with a 2 year old canna babel It's comforting to find others like us 🥰 you're not alone! 🥰

Same 🥰🥰 and preeclampsia. Almost died but managed to carry him to his due date and he perfectly healthy 20month old I also had HG in both pregnancies- one twin and plant was the only thing to save me being sick hundreds of times

same here!!

my daughter had no official due date cuz she measured so inconsistently, my due dates had over 75 day span, she was born 4lbs15oz. I puked 20+ x a day

Yessss! They gave me such trouble for literally trying to survive to grow my baby! I was legitimately dying, what other choice did I have?!

Congratulations mama same! Mines almost 3 🥰

My body tried rejecting my daughter cause we had dif blood types if it wasn't for plant medicine she wouldn't be here

me all 5 of my pregnancies lol

It's the only reason I'm still here & made it through all 3 of my pregnancies!! I'd do it again to bring my babies here. HG is no joke 🥰

I have 2 perfect Cana babies because of the exact same reason :)

yes 🥰

Same thing here mama, I had HG and then ended up getting pre-eclampsia with my daughter

I did the same thing for both my babies was the only way I was able to eat.