

CANADIAN RESOURCES ON CANNABIS USE AND FERTILITY, PREGNANCY, AND LACTATION



WHY

Cannabis use among reproductive-aged Canadians is increasing. Yet, despite the availability of many web-based resources, informed decision-making and patient counseling are challenging for expectant families and providers alike.



OBJECTIVE

To characterize the scope, consistency, and accessibility of web-based Canadian resources providing information on the effects of cannabis use on fertility, during pregnancy, and while breastfeeding.



LITERATURE SCREENED

Resources from Canadian health care providers, obstetrical, public health, and government organizations.



RESULTS

We identified **183 resources**:

- **30%** on fertility
- **95%** on pregnancy and the developing fetus
- **73%** on human milk and milk-fed infants
- **68%** at a grade 10 reading level
- **4%** in languages other than English or French
- **6%** with infographics
- **16%** with video



SUMMARY

Resources identified communicate:

- No known safe amount of cannabis can be consumed during pregnancy.
- Cannabis use during lactation could affect the quality and quantity of breast milk.

Resources are limited by available languages, reading level, and minimal use of graphics and videos.



NEXT STEPS

Resources providing information on the effects of cannabis use on reproductive health are essential tools to support decision-making. Care should be taken to ensure their accessibility and encourage uptake.

