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Cannabis, Severe Vomiting, and Pregnancy

Using cannabis when you are pregnant may make nausea and vomiting worse and it can lead to a sickness called CHS (short for cannabis hyperemesis syndrome).

What is CHS?

CHS is a serious illness. It can happen when a person uses cannabis a lot, especially every day.

CHS can cause:

- Very bad nausea
- Throwing up again and again
- Bad stomach pain

Even though some people think cannabis helps nausea, using it a lot can make nausea and vomiting worse.

CHS may be more common than people realize. A new report found almost 200,000 emergency department visits involving CHS in the United States from January 2023 through May 2026.

Why is CHS dangerous in pregnancy?

People with CHS may feel better after taking hot showers or baths. But the relief does not last, and the symptoms often come back.

Hot baths can raise body temperature. A very high body temperature during pregnancy may increase the risk of certain birth defects.

How is CHS treated?

The only way to stop CHS is to stop using cannabis. More than 95% of people with CHS can have their symptoms completely go away after they stop using cannabis.

Some people may have a hard time stopping cannabis. This may be a sign of cannabis use disorder (CUD).

People with CUD may feel anxious, have trouble sleeping, or have strong urges to use cannabis when they stop. A doctor can help with these problems.

Cannabis and pregnancy

The American College of Obstetricians and Gynecologists (ACOG) says not to use cannabis during pregnancy.

Cannabis can reach the baby in the womb. It may:

- Lead the baby to be born too small or at a low birth weight.
- Cause health problems at birth.
- Affect learning and behavior later in life.

Talk to your doctor

If you are pregnant and very sick with nausea or vomiting, talk to your doctor. Safe treatments are available.

If you need help stopping cannabis, support is available. Visit FindTreatment.gov or call 1-800-662-HELP (4357).

For more information on cannabis and pregnancy, visit https://www.marijuanaknowthetruth.org/marijuana-and-pregnancy/ or scan the QR code.

References

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