

Who should avoid cannabis

For some people, cannabis is particularly risky. For them the recommendation is: do without.

- **Pregnancy, breastfeeding, wanting a child.** THC reaches the baby through the umbilical cord. Smoking during pregnancy is linked to lower birth weight; a large review found higher risks of premature birth and growth restriction. No safe amount is known. THC passes into breast milk; in one study it was detectable for up to six days. Cannabis can reduce fertility.
- **Psychosis in the family.** Anyone whose parents or siblings have had a psychosis should do without. Anyone who has already had a psychosis risks a poorer recovery and more relapses. With bipolar disorder, regular use goes along with more manic symptoms.
- **Heart and circulation.** Pulse and blood pressure can rise straight after use; with pre-existing conditions, the heart can be overloaded.
- **Under 25.** The brain is still maturing, and the risk of dependence and psychosis is higher.
- **Addiction, including a past one.** Switching to another substance risks a relapse.
- **Regular medication.** THC and CBD slow down liver enzymes that break down many medicines. Antidepressants can work more strongly, and with blood thinners the risk of bleeding can rise. Best discussed with a doctor or pharmacist.
- **Alcohol on top.** The effects reinforce each other: drowsiness, confusion, nausea, up to loss of control.

Key points

- Pregnant or breastfeeding: do without completely.
- Psychosis in the family: do without.
- Medication: ask first.

Sources: familienplanung.de (BIÖG), Drugs during pregnancy; drugcom.de (BIÖG, 2023), Recommendations for reducing the risk of psychosis; Pharmazeutische Zeitung (2022), Cannabis as an interaction partner.

More detail: csc.do/en/prevention/knowledge/who-should-avoid-cannabis/ · Cannabis Social Club Dortmund e.V. · As of 28 September 2026 · May be passed on unchanged (CC BY-ND 4.0)



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