

When you smoke your baby smokes...



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One of the most important things you can do for your baby's health, growth and development is to quit smoking. It is also important for your own long-term health.

Risks from smoking in pregnancy

When you have a cigarette, smoke enters the mouth and nose, travelling down the throat into the lungs. Chemicals from the smoke enter your blood stream and travel around the body.

Babies in the womb can be harmed by tobacco smoke as it reduces the amount of oxygen and nutrients that pass through the placenta from you to your baby.

Smoking while pregnant can lead to increased health risks for your baby including:

- Being underdeveloped or have a low birth weight
- Miscarriage or still birth
- Premature birth
- Ectopic pregnancy
- Cot death
- Respiratory (lung) problems such as asthma, chest infections and pneumonia

As soon as you stop smoking the risks for both you and your baby will reduce and you will quickly feel the benefits.

Carbon monoxide tests

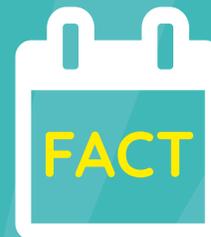
We offer carbon monoxide (CO) monitoring to all women regardless of whether they are smokers or not.

At each appointment you will be asked to have a breath test to measure your level of exposure to CO. This is a poisonous gas that restricts the amount of oxygen getting to your baby, and levels are higher in women who smoke and in passive smokers.

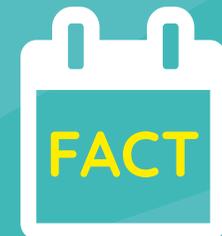
Aside from identifying pregnant smokers and offering them help to quit, it can often prompt life-saving checks to home boilers. A small percentage of non-smoking women have high CO readings due to faulty boilers leaking the potentially deadly gas.

As well as the CO monitoring, during your first antenatal appointment you will be asked if you, or anyone living in your household, smokes and if so how much.

This is so you and your family can be supported to stop smoking as early as possible.



Smoking in pregnancy is harmful to you and your baby



Passive smoking is also harmful to you and your baby

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What do I do if I smoke?

There is no safe level of smoking for you or your baby. The earlier you stop smoking the better it will be for you both, but stopping at any time during pregnancy is beneficial.

Reducing the amount of cigarettes you smoke is a good step, but you and your partner will be advised to stop completely and will be offered support of specialist stop smoking services.

Is my baby still at risk if people around me smoke?

If your partner or anyone else who lives with you smokes, their smoke can affect you and the baby both before and after birth.

You are still exposed to harmful toxins through second hand smoke.

Unborn babies exposed to smoke in this way have increased risk of premature birth, still birth and their growth being affected.

Babies and children should always be in a smokefree environment. Try to avoid smoky places and being near smokers - and ask those that do smoke to do it outside and not near you.

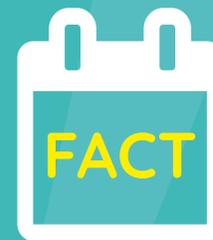
E-cigarettes

E-cigarettes are battery powered devices that deliver nicotine through inhaled vapour. They don't contain tobacco so you aren't exposed to tar or carbon monoxide which are the main toxins found in cigarettes.

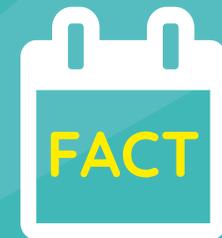
The vapour from an e-cigarette does contain some of the chemicals found in cigarette smoke but at much lower levels.

As e-cigarettes are fairly new there are still some things we don't know about them, but current evidence indicates they are less harmful than smoking tobacco.

If using one helps you to give up smoking, it is less harmful for you and your baby than continuing to smoke.



NRT or e-cigarettes can be used in pregnancy - and are a safer option than smoking cigarettes



If you or others in your household smoke, the best thing you can do is stop

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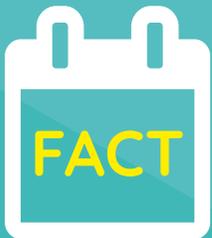


Nicotine Replacement Therapy (NRT)

Nicotine is what you get addicted to when you smoke, NRT products can help you tackle your dependence on nicotine. NRT is a medicine that still provides nicotine but in lower doses and without the tar and damaging chemicals present in cigarettes, so is a safer option than continuing to smoke. It is available as:

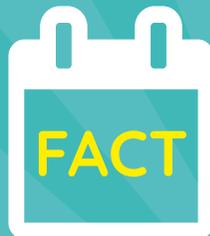
- Skin patches
- Chewing gum
- Inhalers
- Oral strips and lozenges
- Nasal and mouth sprays

NRT can be prescribed during pregnancy by your GP or an NHS stop smoking advisor. You can also buy it without a prescription from a pharmacy.



A baby that is small due to smoking is not a healthy baby

The sooner you stop smoking, the better for you and your baby



We're here to help

There's never been a better time to give up. Did you know you are four times more likely to quit with support?

Talk to your midwife about the support that is available, visit our website, or call our specialist stop smoking advisors.

Sunderland specialist stop smoking service

**Call 0191 567 1057 or
freephone 0800 169 9913**

www.stopsmokingsunderland.nhs.uk

National NHS Smoking Helpline number

0300 1231 044

www.nhs.uk/smokefree

Stop smoking advisors can offer guidance on services available within your area. You can also speak to your GP or pharmacy asking for help on how to quit smoking.

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