

Smoking and your pregnancy

Information for patients



**Maternity
Services**

With you every step of the way

“Our promise to pregnant smokers is that the midwives, health visitors and other healthcare professionals you meet during your pregnancy won’t judge you for being a smoker. We will do everything we can to help you stop smoking.”

If at any time you want to discuss stopping smoking you can always talk to your midwife, health visitor or GP for friendly advice on the best way to achieve your goal.

What should I expect from my health visitor or midwife?

You should be:

- Provided with information about the risks of smoking and benefits of quitting for you and your baby.
- Encouraged to remain smokefree and referred to a specialist stop smoking service where you can get help to quit.
- Even if you are unable to quit smoking, your health visitor will let you know where to get nicotine replacement therapy to help you keep your home smokefree.

www.nottsmoking.co.uk



Advice for parents

Smoking during pregnancy and immediately after having the baby harms both the baby and the mother. Stop smoking treatment is available to everyone.

Three good reasons to quit:

- **For your baby now** – reduced risk of sudden infant death (SIDS), chest infections, asthma, and meningitis.
- **For your next pregnancy** – quit now and you’ll have a much lower chance of miscarriage, stillbirth or having a premature or unwell baby.
- **For you** – more energy, fewer illnesses, more money in your pocket and reduced risk of long-term illness like cancer, lung or heart disease.

Facts:

1. Smoking more than doubles the risk of stillbirth, but stopping can greatly reduce this risk.

"I do feel like it's not only benefited like my health, but has benefited my children as well."

2. Every cigarette has 4000 chemicals which reduce the oxygen reaching your baby. Their heart has to beat harder every time you smoke. By quitting the habit you are more likely to have a healthier pregnancy and a healthier baby.

"I do feel healthier. I do feel better."

3. Babies born to mothers who smoke are more likely to be born small. This has short-term health issues and a greater lifetime risk of obesity and diabetes. Stopping smoking now will help your baby's health now and in later life.

"I had my first baby six weeks early and I didn't stop with him. I stopped this time and everything was fine."

4. Smoking during pregnancy increases the risk of your baby dying in the first four weeks of their life by 40% and quitting smoking can help reduce this risk.

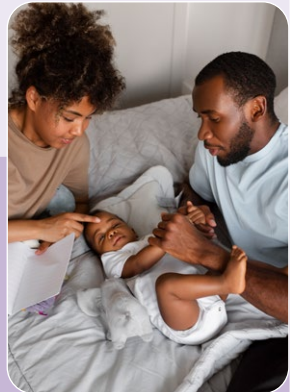
"I want to take my baby back to a smokefree home and its best to get this sorted before he's born."

5. It's never too late in pregnancy to stop. It can be difficult, but smoking is much more harmful to your baby than any stress stopping may bring.

"I feel amazing all round. Like I feel like I've got loads more energy."

6. Stopping smoking could also result in financial benefits and help you save for the baby.

"I saved my vouchers for the breast pump, it's like made it achievable cause like, I hit those targets.."



Myths about smoking in pregnancy

Smoking makes the baby smaller and the birth easier

A smaller, weaker baby will not make birth easier. In fact, it can lead to complications and you may have to stay in hospital longer.

If I quit I'll put weight on

The best way to avoid weight gain is to make sure you eat healthy snacks. And if you go out for a walk, instead of a smoke, both you and your baby will be healthier and happier.

Smoking stops me being stressed

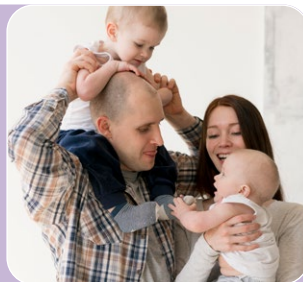
Smoking actually puts more stress on your body, and your baby every time you smoke and for 15 minutes afterwards. Giving up will improve your mental health.

I smoked during my last pregnancy and my baby was OK, or my mum smoked and I'm OK

Smoking when pregnant is very dangerous and is thought to cause 40% of baby deaths.

I'm three months' pregnant already so it's too late to quit

It's never too late. Even stopping in the last few weeks of pregnancy can benefit you and your baby.



I'll just cut down instead of quitting

It's a start but it won't protect your baby from the harmful chemicals in tobacco smoke.

I can't stop smoking because my partner/family still smoke

Lots of mums-to-be ask their friends and family not to smoke in the house or around them because second-hand smoke also harms your unborn baby.

Smoking is my 'me time'

Quitting is difficult, we know. So use the money you save to treat yourself – at the end of the year you could even pay for a holiday.

I'll use Shisha or Paan instead

Shisha smoking is just as harmful as smoking cigarettes. Paan also contain substances that can cause cancer.

I'm using an e-cigarette instead of smoking

Electronic cigarettes are not risk free, but they carry a fraction of the risk of smoking. If using an e-cigarette helps you to stay smokefree, it is much safer for you and your baby than continuing to smoke.

It's okay to smoke at home while being pregnant

Over 80% of cigarette smoke is invisible and stays in the air for several hours after a cigarette has been put out. Quitting smoking completely is the best thing you can do for your baby.



To get help, please contact your local maternity tobacco dependency team.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

NCSCT (National Centre for Smoking Cessation and Training): www.ncsct.co.uk

Contact for stopping smoking

Nottinghamshire County residents

Your Health Notts 0115 772 2515 www.yourhealthnotts.co.uk/quit-smoking/

Nottingham City residents

Thriving Nottingham 0115 6485724

www.thrivingnottingham.org.uk/programmes/stop-smoking/

National Smokefree Helpline on 0300 123 1044

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone: 0800 183 0204

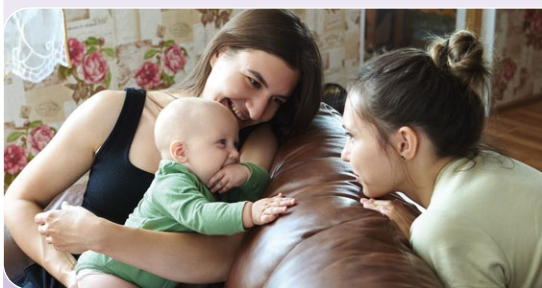
From abroad: +44 115 924 9924 ext 85412 or 82301

Deaf and hard of hearing: text 07812 270003

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

www.nuh.nhs.uk



**Nottinghamshire
County Council**



**Nottingham
City Council**



**Nottingham &
Nottinghamshire
Smoking & Tobacco
Alliance**

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202405-01-SSP
Created: May 2024 / Review Date: May 2025