

**STOP
SMOKING
LONDON**



**A GUIDE TO QUITTING
SMOKING DURING
PREGNANCY**

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STOPPING SMOKING IS THE SINGLE BEST THING YOU CAN DO FOR YOUR HEALTH AND THAT OF YOUR BABY

We know that stopping smoking can be hard, but you don't have to do this on your own. There's lots of support available to give you the help you need to give up cigarettes. Here are our three top tips to help you to stop smoking when you are pregnant:

1. Get the right support in place

At your booking appointment, your midwife will ask you about your smoking and offer you support to help you to quit. Their team will help you to make a plan to quit that fits in with your life and gives you the support you need to help you succeed. They can even support your partner or other people in your household if they smoke too.

Your local stop smoking service can also help. You are three times more likely to quit successfully if you combine support from an expert with a stop smoking aid.

Find out what free support is available in your borough by visiting <https://stopsmokinglondon.com/support-to-quit-smoking>

2. Use stop smoking tools

Nicotine Replacement Therapy (NRT): Nicotine replacement products like patches, chewing gum, inhalators and mouthsprays, are clean sources of nicotine. That means that they give you the relief you need from cravings, without the thousands of chemicals, tar and carbon monoxide present in tobacco smoke that are harmful for you and your growing baby.

Vapes: E-cigarettes, or vapes, are significantly less harmful than continuing to smoke and are an effective aid for helping people to quit smoking, especially when combined with behavioural support. They deliver nicotine in a vapour but do not create dangerous chemicals like tar or carbon monoxide. They mimic the hand to mouth action of a cigarette and keep your hands busy. Recent studies have shown that vapes may be more effective than NRT in helping pregnant women to quit smoking*.

While vapes are not risk-free, if using a vape helps you to stay smokefree, this is far safer for you and your baby than continuing to smoke.

3. Know your smoking triggers

It's important to understand what triggers you to smoke so that you can take the necessary steps to avoid them. Do you find yourself smoking more when you're bored, or feeling stressed? Do you find it hard not to smoke first thing in the morning? By recognising these triggers, you can better prepare yourself and find alternative coping mechanisms.

Visit <https://stopsmokinglondon.com/how-to-quit-smoking> to find out ways to manage your smoking triggers.

STOPPING SMOKING IS THE SINGLE BEST THING YOU CAN DO FOR YOUR HEALTH AND THAT OF YOUR BABY

Smoking while pregnant is extremely harmful for you and your baby. There is no safe level of smoking during pregnancy. You can reduce the risk of you and your baby developing serious health risks by quitting completely.

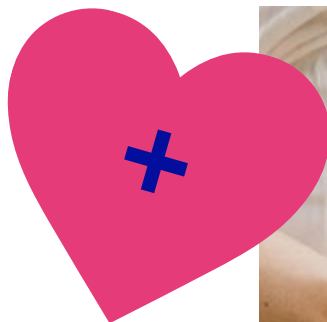
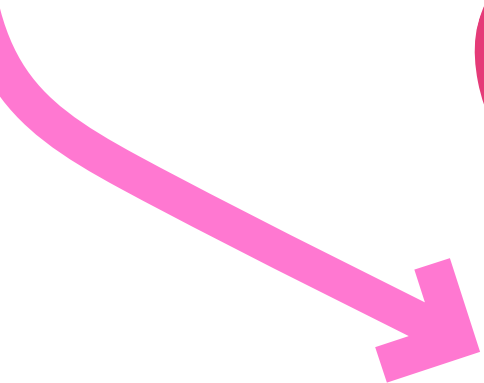
Giving up is also proven to boost your mental health and wellbeing by relieving stress, anxiety, and depression.

Q: Why is it important for me to quit smoking now that I am pregnant?

A: Protecting your baby from tobacco smoke is one of the best things you can do to give your child a healthy start in life.

Smoking while pregnant and exposure to secondhand tobacco smoke increase the risks to your baby before birth, in infancy and into childhood. These risks include:

Before Birth:	In early Infancy:	Childhood
Miscarriage	Premature births (born before 37 weeks)	Chest and Ear infections
Placental Abruption (when the placenta comes away from the wall of the womb)	Low birth weight (born too small and less healthy)	Pneumonia
Stillbirth (baby dies inside the womb)	Sudden Infant Death Syndrome (SIDS)	Asthma
Your baby being born with abnormalities (such as a cleft lip and palate)	Infections	Behaviour problems such as ADHD (Attention Deficit Hyperactivity Disorder), performing poorly at school



QUITTING SMOKING IS THE MOST EFFECTIVE WAY TO PROTECT YOUR BABY FROM THE HARMS OF TOBACCO

Q: Is nicotine harmful for my baby?

A: Nicotine is relatively harmless, although it is addictive. The main harm from smoking is caused by the **carbon monoxide** and the over 4000 harmful chemicals present in **tar** and **tobacco smoke**.

There are two types of medications that people use to help them quit smoking. The first is Nicotine Replacement Therapy (NRT) and comes in many forms such as patches, or gums and sprays. They contain nicotine without the harmful chemicals and carbon monoxide. These products are recommended for women to use during pregnancy to help them to quit smoking, and you are three times more likely to succeed by using them, especially when combined with behavioural support.

The second type of medications are prescribed drugs that are not used during pregnancy due to unknown risks to developing babies.



Q: What is carbon monoxide and why is it dangerous to my baby?

A: Carbon monoxide is a gas that is produced when you burn tobacco. Carbon monoxide exposure from smoking or from secondhand smoke is especially risky during pregnancy because it **restricts the essential oxygen** flow to your baby, which is needed for healthy growth and development. If you choose to use a vape to help you to quit smoking, they do not produce carbon monoxide.

Q: Can I cut down instead of quitting completely?

A: No – There is **no safe level of smoking while pregnant** and every cigarette causes damage both to you and your baby. Stopping smoking early in pregnancy almost completely prevents damage to your baby.

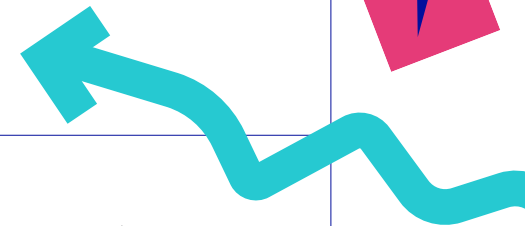
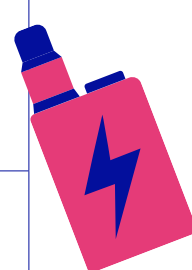
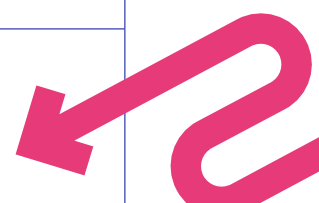
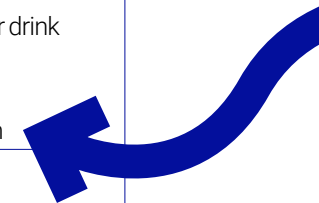
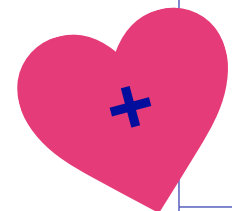
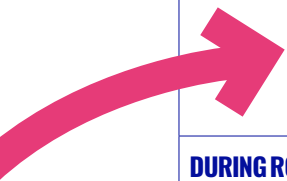
Q: Can a vape help me to quit?

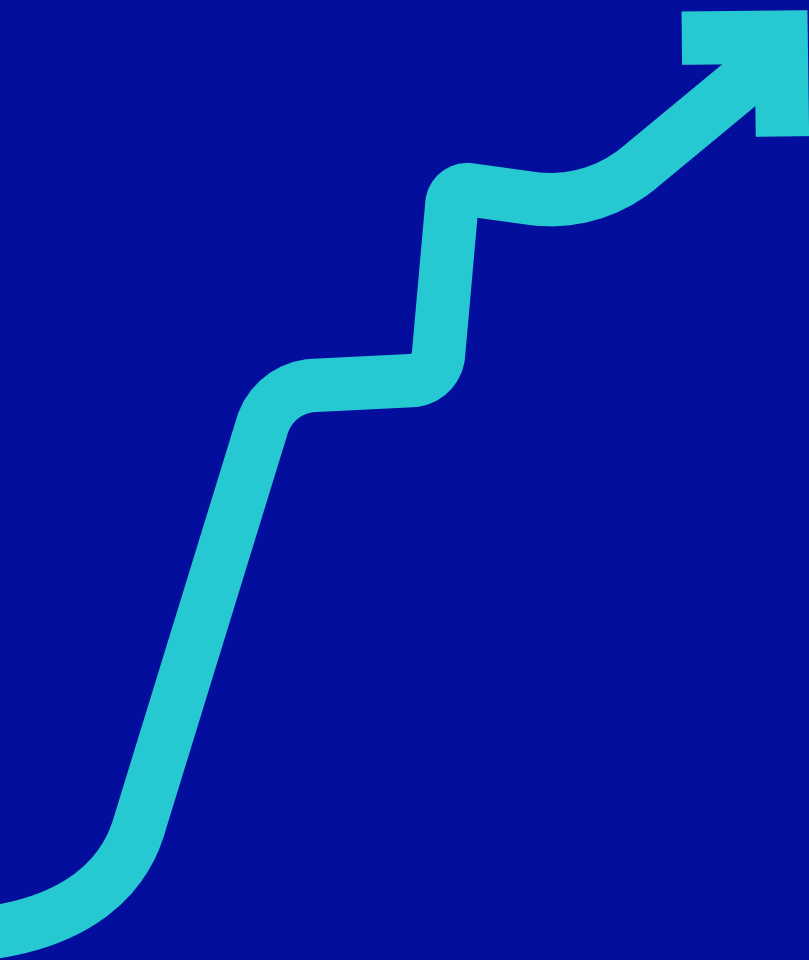
A: Vapes are **significantly less harmful than continuing to smoke**. Vapes do not produce carbon monoxide, tar, or many of the harmful chemicals present in tobacco smoke. If using a vape helps you to stay smokefree, this is far safer for you and your baby than continuing to smoke.



TIPS TO DEAL WITH CRAVINGS AND TRIGGERS

Situation	Tip
FIRST THING IN THE MORNING	<ul style="list-style-type: none"> • Change your morning routine around; maybe shower first before your morning drink • Drink your usual morning beverage in a room you would not let yourself smoke in, or drink something else, like an orange juice • Get up 10 mins later to avoid time to sit and smoke • Don't forget your Nicotine Replacement Therapy / Vape / Stop Smoking Medication
ON YOUR JOURNEY TO WORK	<ul style="list-style-type: none"> • Take an alternative route or get off at a different bus / tube stop • Carry something in your smoking hand • Listen to some music or a podcast
IN THE CAR	<ul style="list-style-type: none"> • Sing along to the radio • Have a bottle of water to sip or chew some gum • Focus your attention elsewhere by driving a different route • Remove the ashtray / lighter and clean and freshen the interior. You will want to keep it nice for longer.
DURING ROUTINE BREAKS IN THE DAY	<ul style="list-style-type: none"> • Spend breaks in a non-smoking area or stay inside at breaktime • Plan things to do on your breaks eg read a book, go for a walk • Spend your breaks with a non-smoking colleague
ON THE PHONE	<ul style="list-style-type: none"> • Have a pad & pen or fidget toy nearby to keep your hands busy • Take the call in a room you would not normally smoke in • Sip water or juice during your call
SOCIALISING OR ASSOCIATIONS WITH ALCOHOL	<ul style="list-style-type: none"> • Stick with the non-smokers in the group • It's recommended that if you're pregnant you should not drink alcohol – this will also help you avoid making wrong decisions • Ask friends not to offer you cigarettes • Ask one of your friends to be a quitting "buddy" • Concentrate on the food or the conversation • Have something else when others are smoking – eg fast acting NRT product or vape
AFTER MEALS	<ul style="list-style-type: none"> • Have something to do straight after eating, eg washing up • Go for a walk • Move to a non-smoking room • Brush your teeth or chew gum
BOREDOM	<ul style="list-style-type: none"> • Save up those little "jobs" to do to fill the time • Read a book • Change the TV channel – watch something that requires more concentration • Sit in a different chair or room so you feel more of a change • Have healthy snacks nearby • Go for a walk • Maybe take up a new hobby
STRESS	<ul style="list-style-type: none"> • Remove yourself from the stressful situation even if only for 5 minutes • Try deep breathing or other relaxation techniques • Remind yourself that smoking increases general stress levels due to the body's craving for nicotine
FAMILY OR PARTNER THAT SMOKES	<ul style="list-style-type: none"> • Ask them not to offer you cigarettes or leave them lying around • Ask them to smoke in a different room or outside • Try to have at least one smokefree room as safe space for you • Have something else to use while they smoke e.g. fast acting NRT product or vape

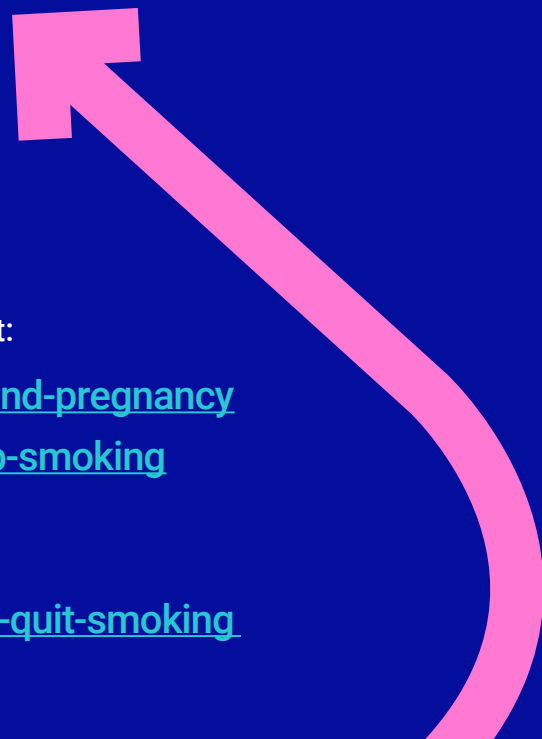




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For more information on smoking while pregnant speak to your midwife or GP, or visit:

stopsmokinglondon.com/smoking-and-pregnancy

nhs.uk/pregnancy/keeping-well/stop-smoking

To find your local stop smoking service visit:

stopsmokinglondon.com/support-to-quit-smoking