

## Maternity Department

### 10 great reasons to quit Smoking in Pregnancy

Quitting smoking is a challenge but there is lots of help and support out there for you. Protecting your baby from cigarette smoke is one of the best things you can do for your baby's health. Here are 10 great reasons to quit! The earlier you give up smoking in pregnancy, the more likely it is that these apply!

1. You will reduce your baby's risk of stillbirth. Smoking while pregnant is the number one risk factor for stillbirth!
2. Your baby will be less likely to be born prematurely. If your baby is born prematurely they will be too sick to go home after birth and will have to stay in hospital.
3. Your baby is more likely to be a healthy weight at birth.
4. You will reduce your baby's risk of cot death (sudden infant death syndrome). Smoking while pregnant is the number one risk factor for babies to die unexpectedly after birth. Around one in three babies' lives could be saved from sudden infant death if parents didn't smoke.
5. Your child will have a lower risk of health problems, such as asthma and lung infections. Poisons and chemicals in smoke damage the unborn baby's lungs and this has implications through their life.
6. Your child is less likely to become a smoker and live longer. Non-smokers live ten years longer than smokers on average.
7. You'll be less stressed. Smokers suffer nicotine withdrawal symptoms, such as depression and anxiety, every time their nicotine levels get too low.
8. Your home will smell fresher.
9. Your breath, clothes and hair won't smell of smoke.
10. You'll save money.

### Can I cut down instead of quitting altogether?

Cutting down may not actually reduce your exposure to carbon monoxide and the chemicals found in cigarette smoke. Quitting smoking completely is the best way to keep you and your baby safe from the dangers of cigarette smoke.



## Stop smoking advisers in pregnancy

There is clear evidence that the most effective way to quit smoking is with expert behavioural support from local stop smoking services combined with stop smoking aids. If you smoke or have raised carbon monoxide levels you will have been referred at your booking appointment to this service as part of our routine care pathway. If you had declined the service or since relapsed and would benefit from this service, please ask your Midwife or Doctor to refer you or text 07929 749670 or 07929 749668 directly, to arrange an appointment with our Maternity tobacco dependency team. All pregnant and postnatal women and their partners or household members are eligible. The support is free and at a venue and a time that fits with your lifestyle. The support includes free Nicotine replacement therapy and a regulated vape offer. You may also qualify for the financial incentive scheme. Remember you are up to 4x more likely to quit and remain smoke free if you have tailored one to one support and nicotine replacement therapy.

### Additional online support and information.

- Tommy's Pregnancy and Baby Charity have excellent online resources to support quitting smoking in pregnancy. [Get help to stop smoking | Tommy'](#)
- [NHS Smokefree](#) provides some useful tools, advice and information to help you quit smoking or you can call the Smokefree national stop smoking helpline on 0300 123 1044 (Monday to Friday 9am to 8pm, Saturday and Sunday 11am to 4pm). You can also download the [Smokefree mobile app](#) or visit [Smokefree on Facebook](#).
- Visit [One You](#) for more information about stopping smoking and start the fight back to a healthier you. [Take the One You online health quiz](#) and see how you score.
- Further information on [stop smoking](#) and [stop smoking treatment](#) is also available at NHS Choices, plus information about [stop smoking in pregnancy](#) and advice to help you [stop smoking without putting on weight](#).

#### How to provide feedback

Our aim is to provide a quality of care we would want for ourselves, our families and friends. If there was anything that we could have done please let us know via the department/ward staff or the patient experience team available on 01432 372986 or email [PALs@wvt.nhs.uk](mailto:PALs@wvt.nhs.uk) (opening times may vary).

This leaflet is available in large print, Braille, Audio tape or other languages upon request. Please contact patient experience team on the above telephone number.

You may be asked to give your opinion on the service you have received. We welcome your feedback as this will help us to improve the care and treatment we provide to our patients.

Wye Valley NHS Trust [www.wyevalley.nhs.uk](http://www.wyevalley.nhs.uk)

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