

Research tells us that if you can stop smoking in pregnancy by 12 weeks or sooner, your baby will have normal growth and health.

However, quitting at any time will have health benefits for you and your baby, it's never too late. Research shows you are four times more likely to quit with support and nicotine replacement therapy, so call today to hear about local options available to help you quit smoking.

#### Go Smoke Free

For further information about quitting smoking please contact the Specialist Midwife Smoking Cessation on 07815 705737 or Kent Stop Smoking Services on Freephone 0300 1231220

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)

Information produced by Womens Health

Date: November 2020

Review date: March 2023

EKH832

# Smoking during pregnancy

Give your baby a breather and quit today: information for women and their families



Source: Pinterest

**Did you know that smoking in pregnancy can lead to:**

- Miscarriage
- Stillbirth
- Ectopic pregnancy
- Premature birth
- Haemorrhage
- Low lying placenta
- Complications in labour
- Placental abruption
- Future fertility problems
- Low birth weight

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## One baby dies every day in the UK due to smoking in pregnancy.

### Problems linked to smoking in pregnancy

- **Unborn babies are starved of oxygen and nutrients** each time you have a cigarette or are close to someone who smokes. It is like holding the umbilical cord each time you have a cigarette....Could you hold your breathe that long? Your baby is smoking with you!



- **Babies can die due to their mothers smoking in pregnancy and others smoking around them.** This is known as **second hand smoke (SHS)**.

Carbon monoxide is a harmful toxin contained in cigarettes, and it replaces the oxygen available to your baby.



- Smoking in pregnancy can affect your **baby's growth**. Smoking in pregnancy is the largest preventable cause of low birth weight (LBW). Having a small baby can lead to learning difficulties, ADHD, global delay, depression, childhood obesity, and much more.



### Problems with newborns linked to smoking

- **Premature birth.** One in 13 babies are born too early in the UK (born before 37 weeks). Babies who are born early can remain in hospital for a long time, needing one to one care. They are often left with cerebral palsy and developmental, feeding, breathing, and eye sight problems. These problems continue throughout their lives, often getting worse over time.

- The risk of your baby developing **lower respiratory tract infections** (middle ear disease, asthma, wheezing, and bacterial meningitis) are doubled if you smoke or you are around people who smoke.



- **Second and third hand smoke are particularly harmful to babies and toddlers.** The toxins from cigarettes remain on clothing, hair, skin, and breath for two to three hours after a cigarette; they remain in soft furnishings, carpets, and toys for longer.

- The risk of **Sudden Infant Death Syndrome (SIDS) or cot death** is more than doubled when a child lives in a house with people who smoke.

