

QUIT

**stopping smoking
when you're pregnant**



*Your local
Quit Your Way
service will help
you to stop*



NHS
Health
Scotland

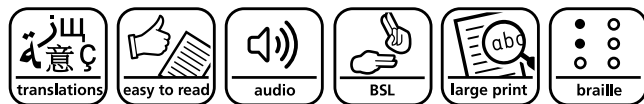
Giving up smoking is the best thing you can do for your baby.


The good news is that you don't have to do this on your own.

There's lots of free help available. This booklet will help you, along with your midwife and your local Quit Your Way service.

If you have any questions or want more information, call Quit Your Way Scotland **free** on **0800 84 84 84** to speak to an expert, or visit www.nhsinform.scot/healthy-living/stopping-smoking

This resource may also be made available on request in the following formats:



 **0131 314 5300**

 **nhs.healthscotland-alternativeformats@nhs.net**

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**You can do
it your way.**

**We're ready
to help.**

Free help

is available from your
local Quit Your Way
service. They offer
you encouragement,
support and tips
on how to quit.



A pregnant woman wearing a pink tank top is shown from the chest down to the waist. She is holding a lit cigarette with both hands, positioned in front of her belly. The cigarette is lit, with a small flame and smoke. The background is a plain, light color.

For your baby

**Lower risk of stillbirth,
early birth or miscarriage**

**Lower risk of breathing
problems in childhood**

**Lower likelihood your child
will become a smoker**

For you

You'll have more money.

Smoking causes 15 different types of cancer.

Your breath will smell fresher.

You'll have clearer skin.

You'll have a lower risk of heart and lung disease.

You'll have a lower risk of an abnormal smear.

why quit?

Smoking harms you and your baby,
so there are lots of reasons to stop.



how your harms your baby

You choose to smoke, but
your baby has no choice.

Smoking
damages
your baby's
lungs

Smoking
can cause a
cleft lip
or palate

Smoking
stops your
baby getting
enough
oxygen

Smoking
increases the
risk of you
miscarrying
your baby

smoke

Smoking
causes your
baby to be
**born
too early**

Smoking
stops your baby
reaching a
**healthy
weight**

Smoking
causes
cot death
(sudden unexpected
death in
infancy)

Smoking
causes
stillbirth

You can protect your baby by giving up smoking and making your home a smoke-free home. If you have any questions or want more information about your nearest **Quit Your Way** service, call free on **0800 84 84 84**.

More reason

£56
one week

One week of not smoking will save you at least **£56** - enough to buy some toys and clothes for your baby.

You could have a fun family day out with the money you've saved after just **one month** of not smoking (**at least £240**).

As well as health reasons for you and your baby, quitting smoking saves a lot of money. So find your nearest Quit Your Way service by calling Quit Your Way Scotland free on **0800 84 84 84**.

£240
one month

s to quit ...

£700

three months



After **three months** without smoking you'll be **at least £700** better off. Enough to treat yourself to a new phone or tablet.

**based on
smoking 20
regular price
cigarettes
every day**



'How I stopped for Ella'

Just over a year ago, smoker Lauren Reid found out she was pregnant. She opened up to us about her pregnancy and stopping smoking.

At my first appointment my midwife, Diane, got me to do a carbon monoxide (CO) test. She explained that everyone is offered this test as it's important to know your CO reading. CO is a poisonous gas, you can't see or smell it. It comes from smoking, but also car fumes and gas appliances.

Diane asked if I smoked due to my high CO reading. I admitted that I did, but I was really scared to. She was really nice and explained that CO stops my baby getting enough oxygen, which can affect the baby's growth and development. She was really easy to talk to and it made me realise that my smoking could really damage my baby's health. That was when I decided to quit. Diane referred me to a local Quit Your Way service.





Jane, my local Quit Your Way adviser, explained that it was best to quit as soon as possible but she let me choose my own date for stopping. She told me that getting family and friends involved can help you quit, so I talked to my partner Dave about his smoking and making our home smoke free. To my surprise, he was very supportive and he decided to stop smoking too.

Jane talked me through all the different options available, like nicotine patches and lozenges, which really help because I used to smoke 20 a day. Now Jane calls me every week to see how I'm doing, and she even has advice on how to deal with stress and boredom - which used to make me reach for cigarettes.

My partner Dave has been really supportive and together we have made our home smoke free. Having Dave's support has been so helpful, because now I have nobody I can nick a fag from. Even my mum has stopped smoking now.

The first month was the hardest, but it got easier. When Ella was born and I knew she was healthy it made me realise how glad I was that I gave up smoking. Dave and I have both still quit, and we're going to keep our home smoke free.



Ask

'My CO test result was a '12'. What does that mean?'

Angie, Paisley.

12

Hi Angie.

The CO test measures the amount of carbon monoxide in your body. High levels harm your health and your baby's.

0-3

0-3 is low, with little exposure to CO in the last 48 hours.

4+

4 or more means recent exposure to CO and needs further investigation.

When your result is quite high, your midwife will ask you whether you smoke.

It's best to be honest, as the more information she has, the more she can help you. She'll refer you to the free Quit Your Way services, who will contact you.



the midwife

Midwife Diane Matheson answers questions about your appointment with your midwife and the carbon monoxide test.



'What does my smoke do to my baby?'

Anne, East Kilbride

Hi Anne.

Your baby gets oxygen from you, and your smoking stops your baby getting enough oxygen. That affects their growth and development, and makes their heart beat harder. So the best thing you can do for your baby and yourself is to stop smoking.



The stop smoking quiz

the
QUES

TRUE

FALSE



Q1:

'Smoking

means that the baby will be smaller, making the birth easier and less painful.'

True or false?

Q2:

'Smoking

helps you manage your stress levels.'

True or false?

Q3:

'Some women

smoke throughout their pregnancies with no bad effects.'

True or false?

TIONS

Q4:

'Giving up

smoking is too
difficult on your own.'

True or false?

Q5:

'Cutting down

the number of cigarettes
you smoke helps your
baby, so you don't need
to give up.'

True or false?

Q6:

'It's okay

to use e-cigs
when you're
pregnant'.

True or false?

Q7:

'Menthol

and low-tar
cigarettes are
okay during
pregnancy.'

True or false?

Q8:

'If I stop

smoking, I'll still
have nicotine
cravings.'

True or false?

**Answers over
the page...**

The stop smoking quiz

the
ANSWERS

FALSE

A1:

Smoking doesn't make labour or birth any less painful, and won't affect the size of the baby's head. However, smoking can slow a baby's growth, meaning it could have health problems, including a lower birthweight.

A3:

FALSE

The chances of you and your baby having health problems are a lot lower if you stop smoking. Don't risk it - your midwife or Quit Your Way adviser will help you give up.

A2:

FALSE

The only stress you feel is from nicotine withdrawal - smoking alleviates this. Most people experience lower stress levels once they've stopped.

A4:

FALSE

Don't worry - you're not on your own. That's why we refer you to our local Quit Your Way services.

VERS

A5:

FALSE

There is no safe amount of cigarettes. Any amount of smoking damages your health and your baby's.

A7:

FALSE

The increased health risks of smoking these flavoured cigarettes have led to them being banned from sale as of 2020.

A6:

FALSE

E-cigs are almost certainly less harmful for you than tobacco smoking. However, the first priority is to stop smoking cigarettes completely. E-cigs aren't risk free. They are relatively new so there's no evidence yet on the effects of long-term use. The risks to a fetus from exposure to vapour are unknown.

A8:

FALSE

That's where the Quit Your Way service comes in. They can help you manage those cravings, and they'll advise you of the options available, including nicotine replacement therapy (NRT) if that's right for you.



What's STOP

These are the reasons people sometimes use to avoid giving up smoking.

'I might put on weight'

Some people put on a small amount of weight when they stop, some don't put on any. Stop smoking now, and you can lose weight after the birth if you need to.

'I'm too stressed.'

Pregnancy can be hard, but there really isn't a better time to stop smoking, because you're giving up for yourself and for your baby. Your Quit Your Way adviser will help you find other ways to cope with stress.

'I've cut right down.'

The next step is to quit completely as soon as possible, as any amount of smoking damages your baby's health and your health.

'It's too late, the damage is probably done.'

It's never too late. But the earlier in your pregnancy you give up, the better for you and your baby.

PPING you?

'My mum smoked through her pregnancy and I'm okay.'

Some people are lucky, but millions of people aren't. Smoking causes many medical problems, such as cancer and heart disease. So don't risk your health, or your baby's - **give up now.**

'I've tried so many times before and never managed.'

It sounds like you're really keen to stop. You're twice as likely to stop smoking successfully with the right support from the NHS.

your plan

Make a list of reasons to stop.

Thinking about your reasons to stop will help you to keep going if things get hard.

Tick your reasons. I want to stop because:

- ☐ I want my baby to be healthy
- ☐ I want my children to grow up non-smokers
- ☐ I can't afford it
- ☐ I want to improve my own health
- ☐ I want my clothes and hair to be free from stale smoke
- ☐ I don't want to be addicted to smoking - it's time to stop
- ☐ I want my home to be smoke free





Write your own reasons and you can look back at these on a bad day. You can use these to remind yourself why you're quitting. I want to stop because:

It's normal to be anxious about stopping smoking. The good news is that you don't have to do it alone. There's **free support** to help you.

If you want more information, speak to your midwife about your nearest Quit Your Way service or call the national Quit Your Way Scotland helpline **free on 0800 84 84 84.**



Ask smokers to **take it right outside.**

Cigarette smoke affects everyone in your home - including your unborn baby.

Make your home smoke free. Get everyone to **take it right outside.**

Second-hand smoke can **hurt babies**, causing lung problems and infections, cot death, middle ear infections and even asthma.

Second-hand smoke breathed in by mum can **hurt babies**, can lower birthweight and can cause premature birth.



Smoking in another room doesn't help - you can't see or smell **85%** of the **poisons** in smoke.



Second-hand smoke can stay in the air for up to **five hours**, even when you can't see or smell it.



Smoking out of a window doesn't help. **Take it right outside.**



Second-hand cigarette smoke puts everyone in your home at risk of many health issues, including **lung** and **heart disease and cancer**.



Children breathe more quickly than adults and therefore breathe in more of the **harmful chemicals** from second-hand smoke.



Second-hand smoke can even affect your pet.



Make your home smoke free.
Ask smokers to take it right outside.
www.rightoutside.org



rightoutside.org

She gave up. You can too.

**You can do
it your way.**

**We're ready
to help.**

When Lauren found out she was pregnant, she was a smoker. With the help of her Quit Your Way adviser, she managed to kick the habit (see page 8).

Quit Your Way Scotland will give you advice on stopping smoking as well as details of your free local services.

There are several ways to get support. Call the national Quit Your Way Scotland helpline free on 0800 84 84 84, text CALL to 83434 and a Quit Your Way Scotland adviser will ring you back, or get involved in a live web chat by logging on to www.nhsinform.scot/healthy-living/stopping-smoking

Trained advisers are there to help you Monday to Friday, 8 am to 10 pm, and Saturday to Sunday, 9 am to 5 pm.



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Call QUIT YOUR WAY
with our support
0800 84 84 84