



Smoking and Pregnancy

THE FACTS!

Smoking Reduces Fertility

On average women who smoke take longer to get pregnant.

Smokers are more likely to experience erectile dysfunction and **evidence is growing that vapers are too.**

On average, infertility problems occur at about twice the rate for men and women who smoke compared to non-smokers.

As soon as you quit smoking, fertility starts to improve.

Smoking Reduces Fertility When You Smoke, Your Baby "Smokes" too.

Every time you have a cigarette you are breathing in harmful chemicals, **which get into the mother's blood and are passed on to the baby.**

Smoking reduces the amount of oxygen in the mother's blood, reducing the amount of oxygen available to the baby.

The nicotine in cigarettes increases the baby's heart rate.

Women who smoke during pregnancy are at an increased risk of:

- Miscarriage
- Ectopic pregnancy (when the embryo implants outside of the uterus)
- Problems with the placenta
- Pre-eclampsia (a potentially fatal condition for the mother)



The babies of women who smoke during pregnancy are at increased risk of:

- Premature birth
- Being born addicted to nicotine and having to go through withdrawal

Low birth weight (underweight babies are at a higher - risk of a range of health problems)

- Birth defects
- Sudden Infant Death Syndrome
- Middle ear infections and hearing impairment
- Asthma and other lung problem
- Poorer brain development, which can lead to learning difficulties.

- The effects of vaping on unborn babies are still being studied.



Talk to your GP or Pharmacist for further advice or call Quitline on the number above.



Second Hand and Third Hand Smoke During Pregnancy.

Mothers and their unborn babies are also at risk from *other people's cigarette smoke, or vape aerosol that gets absorbed into furnishing, clothing etc* (see fact sheets 'Second Hand Smoke' and 'Third Hand Smoke').

Quitting is Best for You and your Boori.

It is *never too late for you or your partner to quit*. Call the Aboriginal Quitline on **13 78 48 (13 QUIT)**. The free app "Quit for you – quit for two" is specially designed for women who are *pregnant or planning to have a baby*.

It's available on Apple iTunes and Google Play.

Nicotine Replacement Therapy

While it would be ideal to quit without nicotine replacement therapy (NRT), it can be difficult. Fortunately, NRT *can be used during pregnancy as the nicotine levels from NRT are lower than they are from smoking or vaping*. Your baby will not be exposed to the other harmful chemicals in cigarette smoke. Intermittent NRT (gum, lozenges, spray) is preferred but if patches are required, *16- hour rather than 24-hour patches are recommended*.

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What About E-Cigarettes?

Use of e-cigarettes during pregnancy is not advised, as *the nicotine levels may be as high as conventional cigarettes*. Even if they contain no nicotine, *e-cigarettes contain other toxic chemicals, which could potentially harm the baby*.

Consult your health professional for advice on whether to use NRT and the right type and dose for you.

When quitting gets tough, remember that by becoming a non-smoker, you are giving your baby the best start in life.

Scan me!
Make the pledge today
to keep your baby
smoke free



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