Smoking and pregnancy

Where can I get support to quit?

- **Quitline (13 QUIT).** Counsellors are available seven days a week to help you through the process of quitting. Call Quitline (13 7848) and ask about tailored support available to help pregnant women quit smoking.

- **Talk to your health professional.** Discuss quitting smoking with a general practitioner (GP), midwife, pharmacist or community health worker.

- **Consider using nicotine replacement products.** Such as gum, lozenges, mouth spray or patches. These products work by replacing some of the nicotine from cigarettes without passing on the harmful chemicals found in tobacco smoke, thus reducing withdrawal symptoms, such as cravings and anxiety. For more information on using nicotine replacement products while you are pregnant, call Quitline (13 7848).

- **Download the ‘Quit for you—Quit for two’ free quit smoking app for mums to be.** Available from the Google Play Store and Apple iTunes online store.

Further information
Choosing to quit smoking, eating healthy foods and avoiding alcohol when you are pregnant will not only make you feel better; it will give your baby the best start in life.

If you’re planning a pregnancy, pregnant or breastfeeding, now is a good time to quit smoking. Every cigarette you smoke has an immediate effect on both you and your baby. Cigarettes contain more than 7000 chemicals; from these, at least 250 are known to be harmful (such as hydrogen, cyanide and carbon monoxide). When you smoke, these toxic chemicals enter your bloodstream. For example, the carbon monoxide you inhale replaces some of the oxygen in your blood, which reduces the amount of oxygen getting to your baby and slows their growth. When you quit, your body can start to get rid of these chemicals immediately—which is good for you, and for your baby.

Smoking during pregnancy harms your baby and may lead to a greater chance of:
- Miscarriage
- Birth complications
- Having an underweight baby, making them more vulnerable to infection and health problems in adulthood
- Premature birth (earlier than 37 weeks)
- Baby being born with weaker lungs
- Infant mortality—babies of mothers who smoke before and after birth are three times more likely to die from Sudden Infant Death Syndrome (SIDS).

Breastfeeding
Breastfeeding gives your baby a good start in life. Breast milk contains a wide range of essential nutrients for your baby. It also helps to protect your baby against infection. If you continue to smoke while you breastfeed, toxic chemicals from tobacco are passed onto your baby through your breast milk.

Did you know?
- Women who smoke tend to produce less breast milk.
- Nicotine can also alter the flavour of breast milk, and as a result your baby may struggle at your breast or even refuse your breast.

Quitting smoking is the best for you and your baby

<table>
<thead>
<tr>
<th>Changes to your body from the time you quit</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes</td>
</tr>
<tr>
<td>12 hours</td>
</tr>
<tr>
<td>Within 3 months</td>
</tr>
<tr>
<td>1 year</td>
</tr>
<tr>
<td>10 years</td>
</tr>
<tr>
<td>15 years</td>
</tr>
</tbody>
</table>

Making your home a smoke free zone will help you to quit, and will reduce your baby’s exposure to the dangers of tobacco smoke. If your partner smokes, encourage them to consider quitting too.