Smoking support in pregnancy
Information for pregnant women

What happens when you smoke during pregnancy?

The umbilical cord is your baby’s lifeline, proving your baby with oxygen and the food it needs to grow. Smoking any kind of cigarette makes it harder for your baby to get the oxygen and nourishment it needs. Smoking affects how the placenta forms and reduces the nutrients crossing the placenta to your baby.

Pregnancy is a great time to quit smoking. Quitting at any time during your pregnancy reduces the risk of harm to your baby. Within eight hours your heart and blood pressure return to normal and the level of oxygen in your blood begins to increase. This is good for you and your baby.

We understand while many women want to quit, especially when pregnant, the process can be challenging. Feelings of guilt, pressure of others around you, cravings, stress and relapses are all common bumps on the road to quitting. You are not alone.

Extra support is available. Quitline® has specially trained advisors to support you during your pregnancy, whether you’re ready to quit or if you’re not sure.

The Quit for you, Quit for Baby program offers a free quit smoking program for pregnant women and their partners. It involves free support via the phone and up to 12 weeks supply of nicotine replacement products should you choose to use them. Talk to your doctor of midwife to contact the Quitline® in person.

You have to decide you want to quit for yourself and your baby. Identifying what kind of smoker you are can help you to form strategies to cut down, and finally achieve your goal.

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<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<td>Do you smoke within half an hour of waking up?</td>
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<td>Is it extremely difficult for you to go half a day without smoking?</td>
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<td>Do you have a frequent craving for cigarettes?</td>
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<td>Do you feel a need to smoke a minimum number of cigarettes a day?</td>
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<td>Do you often find yourself smoking a cigarette when you aren’t aware of lighting one up?</td>
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<td>Do you link your smoking with other activities, like drinking coffee or talking on the phone?</td>
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<td>Do you sometimes unintentionally go a whole day without smoking?</td>
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<td>Do you smoke more after having an argument with someone?</td>
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<td>Is smoking one of the most important pleasures in your life?</td>
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<tr>
<td>Does the thought of never smoking again make you feel happy?</td>
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What type of smoker are you?

Scoring the test:

If you answered yes to two or three of the yellow questions you are probably chemically addicted to the nicotine in cigarettes.

- Nicotine replacement products may be helpful. It is recommended you first try to quit without using nicotine replacement products. But if you are not able to quit without assistance, talk to your doctor, midwife or call the Quitline® (13 78 48) about using nicotine replacement products as they are less harmful to you and your baby than continuing to smoke.

If you answered yes to two or three of the blue questions you have probably addicted to the habit or rituals of smoking.

- If you are addicted to your rituals or habits around smoking, it is helpful to make new habits not associated with smoking. These new habits are individual and should be something you enjoy or would see as a break or reward e.g. have a game or app on your phone.
- Do something involving your hands like colouring in
- Have a glass of soda water, brush teeth
- Go for a walk, chew gum or have a lollipop.

If you answered yes to two or three of the orange questions, you may often deal with your feelings by smoking. It would be helpful to attend some counselling or attend a group support to learn how to deal with your feelings to find new ways to respond to stress and relax without cigarettes.

Why your baby needs you to quit smoking

Smoking in pregnancy increases the chance of your baby:

- Dying from sudden infant death syndrome (SIDS)
- Being born too early which increases chances of breathing complications, infections and developmental problems
- Having growth problems and this increases their chance of heart disease, diabetes and obesity as an adult
- Developing asthma, bronchitis and pneumonia.

My quit plan

My quit date is......................................................................................................................................

Why do I want to quit?............................................................................................................................

I usually smoke with..............................................................................................................................

I need to avoid......................................................................................................................................

Instead of smoking I will........................................................................................................................

Positive changes to my lifestyle.............................................................................................................

Support available to help you quit