Smoke Free Pregnancy

The best thing you can do for your baby is to stop smoking

Stop Smoking Service

helping you to quit

Congratulations you are now pregnant!

You will want to do your best to make sure your baby is healthy.

Stopping smoking is one of the most important things you can do to improve your health and the health of your baby. It will make you feel better and give your baby the best start in life.

Smoking can cause problems for a woman and her unborn child before, during and after her pregnancy. Cigarette smoke contains more than 4000 chemicals, including truly nasty things like cyanide, lead, arsenic, benzene, formaldehyde and ammonia.

Stopping smoking is one of the most important things you can do to improve the health of your baby. It will make you feel better and give your baby the best start in life.

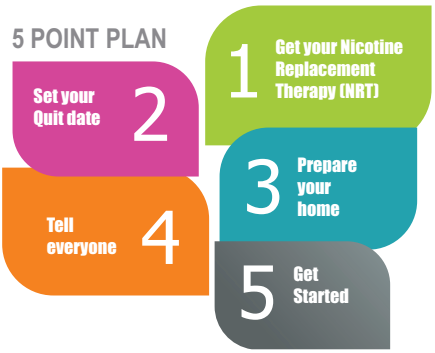
What about E Cigarettes?

E Cigarettes are battery operated devices that supply nicotine along with other chemicals, usually propylene glycol and flavourings. However, other chemicals can be in E Cigarettes. There is a lack of rigorous research studies at present to support using E Cigarettes as a safe and effective Nicotine Replacement Therapy (NRT). They are also monitored under limited regulation and are not licensed as a medicine in the UK.

Quitting

We are here to help, support and guide you. You are more likely to be successful if you have a plan in place and stay in contact with your stop smoking specialist midwife. YOU CAN DO THIS!

Pregnancy is a great opportunity to stop smoking and is one of the best things you can do to improve your health and the health of your unborn baby. With the help and support of your stop smoking specialist midwife you can complete the 5 point plan.



"The NRT really helped. It isn't the same as having a fag, but it helps you get through the craving."

Remember the 4D's to help you:

- Delay
- Deep breath
- Drink Water
- Do something else.

Quitting

1 Get your NRT

Nicotine addiction is one of the major reasons why people continue to smoke cigarettes. If you are unable to quit on your own, NRT can be used. Your Stop Smoking Specialist Midwife can inform you of your options for NRT and help organise this for you.

Set your Quit date 2

Set a definite date for you to stop smoking. It will help you to focus and allow you to keep track of your progress

3 Prepare your home

If you have smoked in the house then clean the rooms affected by the smoke to get rid of the smell. You are less likely to smoke in a clean fresh home. The night before your quit date throw out all ashtrays, lighters, buckets by the back door, cigarettes and any other smoking related items. Say goodbye to your smoking habit because tomorrow is a new beginning for you and your baby.

Tell everyone 4

Don't be afraid to shout it from the rooftops! You are now smoke free! Celebrate it by telling everyone the great news.

5 Get Started

Celebrate the fact you are now smoke free. Buy a treat for you and baby with the money you have saved today!

My Quit date is

_____

"Smoke free homes are really important too! I didn't realise how important this was until I quit smoking. My 2 year old has asthma and it has really improved since I gave up smoking even though I only ever smoked at the back door."

What can smoking do to your unborn baby?

Smoking reduces the amount of oxygen and food that your baby receives from you via the umbilical cord. When you smoke both you and your baby are exposed to high levels of toxins and chemicals. There is NO level of safe smoking during pregnancy.

Even a few cigarettes a day means that your baby is exposed to toxins that can affect your baby's growth and development. Smokers who have cut down inhale more deeply and take more puffs. Stopping smoking is the best thing for you and your unborn child.

The chemical that causes most concern is called carbon monoxide. It is a poisonous gas that you cannot see or smell. When you inhale your own smoke or other people's smoke you breathe in carbon monoxide and it is picked up by your red blood cells. It is carried around your body and causes the blood stream to carry less oxygen.

Is it ok to smoke at home?

Smoke free homes are also really important. Children breathing in other people's cigarette smoke results in thousands of GP visits and hospital admissions each year.

Over 80% of cigarette smoke is invisible. If anyone smokes near you or your baby you will be exposed to second hand smoke. Second hand smoke is dangerous because the harmful gases and chemicals are inhaled by you and your baby.

Every time you smoke a cigarette your baby's oxygen level drops for 20 minutes.

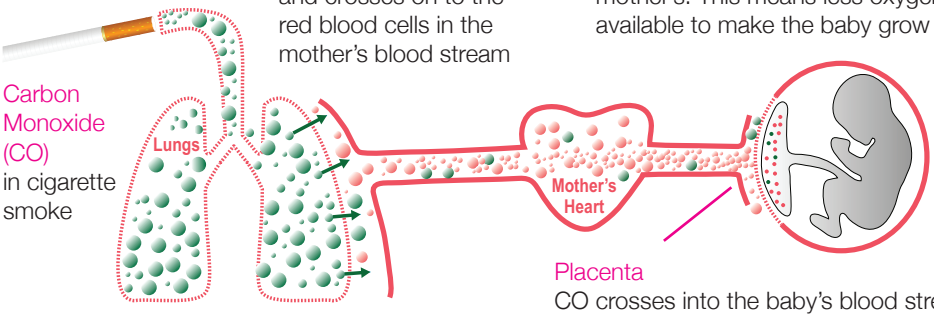
"I never thought that I would be smoke free. But I have done it! It helps to have a plan and be focused. I just kept thinking about my baby."

How Carbon Monoxide gets into your baby

Lung to blood transfer
CO in smoke is absorbed in the lungs and crosses on to the red blood cells in the mother's blood stream

Baby's blood carries twice the load
CO sticks to the baby's red blood cells twice as much as it does to the mother's. This means less oxygen is available to make the baby grow

Carbon Monoxide (CO)
in cigarette smoke



Placenta
CO crosses into the baby's blood stream at the placenta. The placenta itself is damaged by CO and becomes smaller

The placenta is stuck to the inside of the uterus and gives your baby all it needs to grow and thrive, such as food and oxygen. The carbon monoxide can damage the placenta and can cross into your baby's blood stream.

The placenta does not grow as large as it should and does not have the ability to carry as much oxygen or nutrition to your baby. It is then carried round the body meaning that the blood stream carries less oxygen. The carbon monoxide crosses into the baby's blood stream at the placenta.

Your CO reading

Your CO Reading	
Date	CO ppm

The CO monitor measures parts per million (ppm) of CO in your breath.
From this number it works out the amount of CO in you and your baby's blood.

Breath ppm	Blood COHb(%)	Baby FCOHb(%)
24	3.84	7.44
23	3.68	7.13
22	3.52	6.82
21	3.36	6.51
20	3.20	6.20
19	3.04	5.89
18	2.88	5.58
17	2.72	5.27
16	2.56	4.96
15	2.40	4.65
14	2.24	4.34
13	2.08	4.03
12	1.92	3.72
11	1.76	3.41
10	1.60	3.10
9	1.44	2.79
8	1.28	2.48
7	1.12	2.17
6	0.96	1.86
5	0.80	1.55
4	0.64	1.24
3	0.48	0.93
2	0.32	0.62
1	0.16	0.31

A reading in this zone could mean that you are a heavy smoker with high levels of CO in your blood and therefore high levels in baby's blood.

A reading in this zone indicates that you are a non-smoker. There is less than 1% CO in your blood.

Effects of smoking on your pregnancy and your baby

These can include risk of

- Miscarriage
- Premature labour
- Birth complications
- Low birth weight baby
- Health problems and infections after the birth.

If you continue to smoke after the birth there are also risks:

- Sudden infant death syndrome (cot death)
- Asthma
- Coughs and serious chest infections
- Slower lung growth
- Glue ear
- Higher rates of heart disease
- Obesity
- Lower IQ
- Children whose parents smoke are more likely to become smokers as they get older.

Babies and children should always be in a smoke free atmosphere.

For Dads and Dads to be...

If you smoke during your partner's pregnancy and she is trying to stop, she may find it more difficult to stop and resist temptation.

If your partner smokes, she is probably already aware that it is harming her baby. At this crucial time she needs all the support you can give her.

Stopping smoking

The good news is you don't have to wait long for the benefits to start once you stop.

After..

20 minutes	your blood pressure and pulse return to normal
8 hours	nicotine and carbon monoxide levels in your blood are halved
24 hours	carbon monoxide will be eliminated from your body and baby's bloodstream
48 hours	no nicotine left in your body
72 hours	your breathing becomes easier
2-12 weeks	your circulation improves and exercise can be easier
3-9 months	any coughs, wheezing and breathing problems improve

Belfast Trust Hospital Sites are now smoke free, which means no one is permitted to smoke cigarettes or E Cigarettes within hospital buildings, entrances, exits, grounds, car parks and all vehicles.

This applies to everyone using the facilities and services, patients, employees, contractors, visitors, volunteers and members of the public.

"My partner and I decided to quit together.
We both support each other when it gets tough.
I don't think I could have done it by myself."

Quitting

Licensed NRT products
available for use in pregnancy

With the correct medical advice many of the NRT products can be used in pregnancy. These include:

Oral strips

Designed for quick, convenient relief. Simply place on tongue and press to the roof of mouth to dissolve.

Nicotine gum

When you chew nicotine gum, the nicotine is absorbed through the lining of your mouth.

Nicotine patches

Nicotine patches work well for most regular smokers. When pregnant, the patches should only be worn during the day (16 hours).

Microtabs

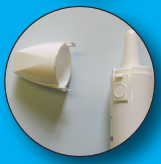
These are small tablets containing nicotine which dissolve quickly under your tongue.

Lozenges (not liquorice flavour)

Lozenges are sucked slowly to release the nicotine and take about 20-30 minutes to dissolve.

Inhalators

Inhalators look like a plastic cigarette. The inhalator releases nicotine vapour which gets absorbed through your mouth and throat. If you miss the ‘hand to mouth’ aspect of smoking, these may suit you.



Nicotine nasal spray

The spray delivers a swift and effective dose of nicotine through the lining of your nose.

Nicotine mouth spray

This spray delivers a swift and effective dose of nicotine absorbed through the lining of the mouth.

Stopping smoking

Weighing up the pros and cons of quitting smoking - make a list of the advantages and disadvantages of giving up smoking. How does your list look?

Advantages for you	Disadvantages for you
Advantages for baby	Disadvantages for baby

Circle how you feel on a scale of 1 - 10

My motivation 1 2 3 4 5 6 7 8 9 10

My confidence 1 2 3 4 5 6 7 8 9 10

"I knew it was the right time to quit smoking and thanks to the help and support I received I have remained smoke free! I am feeling so much better and I know that my baby is getting the benefit from it."

Ready to quit

Pregnant women can successfully quit during pregnancy! Belfast Trust has a stop smoking specialist midwife who will give you free advice and support.

There is lots of help available; based on your preference we are able to provide you with:

- Face to face support
- Telephone support
- Advice about managing cravings and stressful situations
- Information on what nicotine replacement treatments may work best for you.

You are four times more likely to quit with professional support than going it alone.
For friendly, practical advice on giving up smoking during pregnancy and where you can find help close to home, call the relevant numbers below.

Don't give up giving up!

Stop Smoking Specialist Midwife

RVH	**07771 366578**
Mater	**07919 347563**

Scan this code for a **FREE** App to help you quit smoking. To scan, download a **FREE** QR scanner.

smoke free

HSC Belfast Health and Social Care Trust
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