

Smoke free Pregnancy

Patient Information

Maternity Services



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Smoking in pregnancy poses significant health risks to both mother and baby

Smoking in pregnancy is specifically associated with a significantly increased risk of:

- Miscarriage and ectopic pregnancy.
- Stillbirth.
- Premature birth.
- Low birth weight (due to baby not getting the oxygen and nutrients it needs to grow and be healthier).
- Neonatal admissions.
- Neonatal death.
- Birth defects.
- Babies born to mothers who smoke are twice as likely to die from Sudden Infant Death Syndrome (SIDS).

Myth Busting

Nicotine replacement therapies such as patches, lozenges and gum are **completely safe** to use in pregnancy and we can provide them for you.

Benefits of Quitting

Stopping smoking at any stage of pregnancy will have **significant benefits to both mother and baby's health**. Research has shown that if a woman quits by 15 weeks of pregnancy the risk of premature birth and having a small baby is the same as that of a woman who has never smoked.

What you can do...

The most effective way to quit for pregnant smokers is with behavioural support, and many women can benefit from this combined with the use of nicotine replacement therapy (NRT).

The WWL Maternity Smokefree Pregnancy team can support you to quit and provide you with the information and tools you need, as well as ongoing support to stay smoke-free.

Our aim is to help you to protect the health of you and your baby.

Please contact The WWL Maternity Smoke Free Pregnancy Midwife on
Telephone: 07786 501 322

Useful Links and Acknowledgements

Health Matters: stopping smoking-what works? (2019, December 17)
<https://www.gov.uk/government/publications/health-matters-stopping-smoking-what-works/health-matters-stopping-smoking-what-works>

Public Health England. <https://www.gov.uk/government/publications/health-matters-stopping-smoking-what-works/health-matters-stopping-smoking-what-works>

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Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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