

Stop Smoking

If you smoke, giving it up should be one of the first things on your pregnancy to do list. It is a good idea to quit smoking as soon as you start trying for a baby, but it is never too late.

Why Quit Smoking?

- Smoking can be very harmful for your unborn baby. It increases the risk of premature birth, low birth weight, stillbirth and certain complications.
- Giving up smoking now will make it easier to avoid smoking around your child once he or she is born. Second hand smoke raises the risk of cot death and asthma.
- Quitting will be good for your health too.

Get Help to Quit Smoking

Giving up smoking can be hard, but help is available. It is possible to use most nicotine replacement products when you are pregnant. Nicotine is the addictive component of tobacco, but it is not as harmful as the other chemicals in cigarette smoke. However, some nicotine tablets and products should be avoided during pregnancy so you should ask your GP, pharmacist, midwife or obstetrician for advice.

We may recommend that you try:

- Nicotine patches, gum, lozenges or other products
- e-cigarettes, which only contain nicotine
- Other techniques such as CBT, meditation or hypnotherapy
- Joining a support group
- Finding a healthy distraction or alternative such as crunching on carrot sticks
- Snapping an elastic band against your wrist every time you are tempted
- Rewarding yourself when you beat the urge to smoke

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