



The Shrewsbury and Telford Hospital NHS Trust
NHS Shropshire Clinical Commissioning Group
NHS Telford and Wrekin Clinical Commissioning Group



#NEVERTOOLATE

Smoking whilst pregnant can have severe consequences for your baby.



IT'S NEVER TOO LATE

No matter how far along you are in your pregnancy or how long you have smoked for, it's never too late to quit smoking.

There is **FREE** help and advice to stop smoking for mums to be, their partners and families.

You are four times more likely to quit smoking if you use an NHS Stop Smoking Service.

THE SOONER, THE BETTER

Every cigarette you smoke contains over **4,000 chemicals including carbon monoxide.**

The risks of smoking during pregnancy are serious. They include premature delivery to increased risk of miscarriage, still birth or sudden infant death. The earlier you stop smoking, the better for you and your unborn baby.

DID YOU KNOW IF YOU SMOKE DURING PREGNANCY:

- It goes from your lungs into your bloodstream and this can reach your baby's blood supply quickly, this makes it harder for your baby to get oxygen and can affect the development of your baby
- Your chances of having a still birth doubles and it increases your risk of having a miscarriage or having your baby early
- Your baby has a 50% chance of being born with a heart problem
- You may not see the effects until later in your child's life, as they can develop conditions such as asthma and bronchitis or psychological problems like hyperactivity

HOW WE CAN HELP

There is specialist support ready to help support you, and you can choose which option you prefer. This includes:

One to one support – for more individual support, we can offer one to one support. This can be face to face meetings or even a chat over the phone whichever is easier for you

Nicotine replacement therapy (NRT) – is a great way to quit smoking. This helps to reduce any withdrawal symptoms such as mood swings and cravings. NRT is safe for pregnant women and comes in a variety of forms including gum, patches, lozenges and oral strips. This can also be used alongside other support methods, increasing your chances of quitting

WHO CAN I TALK TO?

Speak to your **midwife** who can **talk you through the options** that are there to help you.

Alternatively, if you are in Telford and Wrekin you can call **01952 565732** or text **0784 180 7829**.

If you are not pregnant but would still like support to stop smoking, please call **01952 382582**.

If you are in **Shropshire** you can call **0345 6789025**.