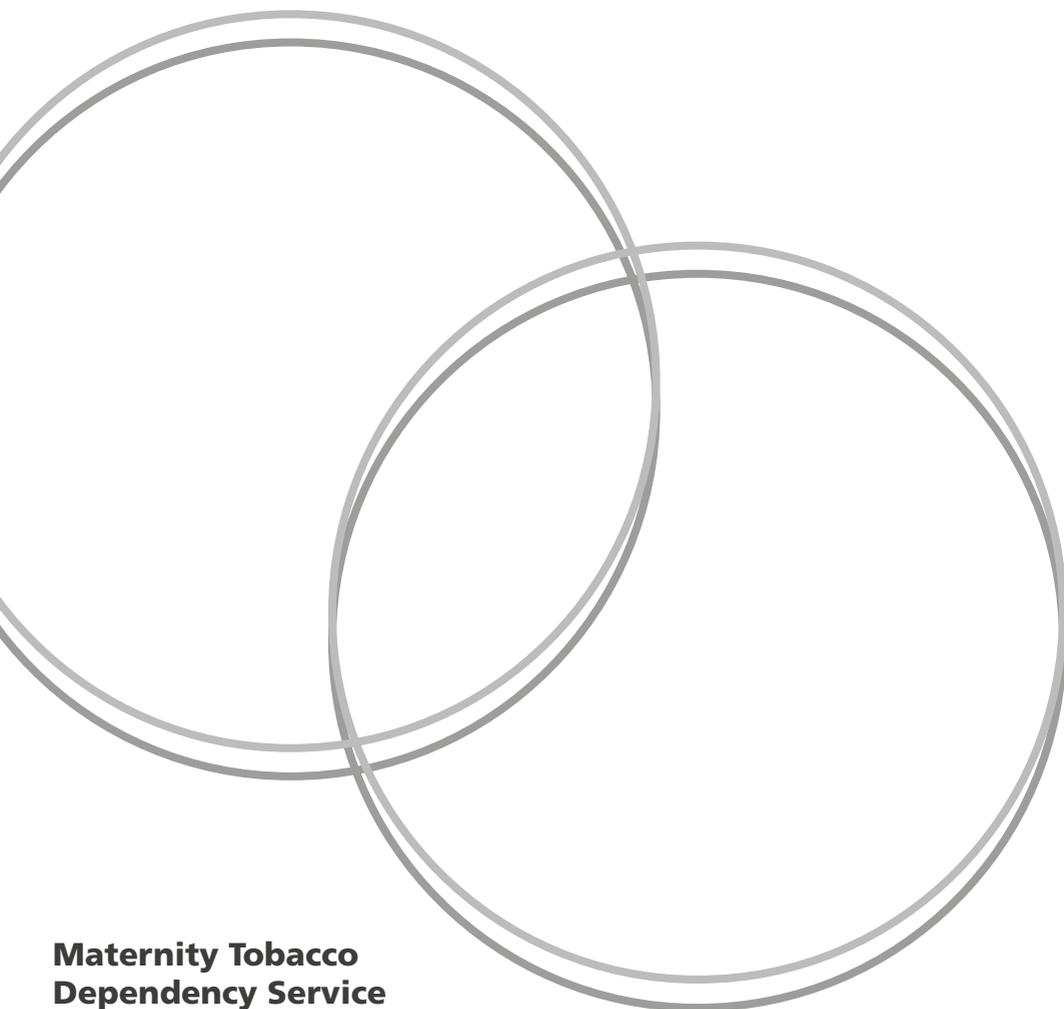




Oxford University Hospitals
NHS Foundation Trust

Your Guide to Stop Smoking in Pregnancy

Information leaflet



**Maternity Tobacco
Dependency Service**

This information leaflet is designed to provide information about what support is available to help and support people who want to stop smoking in pregnancy.

Myths and Facts about smoking in pregnancy

Myth: It's too stressful to quit smoking while I'm pregnant.

Fact: Research shows that smoking actually increases anxiety and stress. Nicotine creates an immediate sense of relaxation, so people smoke believing it reduces stress and anxiety. The reality is that this feeling is very short lasting and soon gives way to withdrawal.

Myth: It's easier to give birth to a smaller baby.

Fact: The effects of carbon monoxide (which is a gas present in smoke) reduces the amount of food and level of oxygen that reaches the baby which contributes to low birth weight. This could actually lead to a more difficult birth, as baby may not have the reserves that helps them to cope with the normal process/stresses of labour. There may also be other health issues associated with low birth weight. There is also a higher chance of preterm birth in people that smoke during pregnancy – preterm birth can also lead to difficulties during labour and after the birth.

Myth: I will gain too much weight if I quit smoking.

Fact: Gaining weight in pregnancy is healthy and necessary. Physical activity and healthy eating can support a healthy weight gain during pregnancy.

Myth: My other babies were ok, or I can't see how it can hurt.

Fact: The chance of having a low birth weight baby and/or of having a preterm (early) birth is higher amongst people that smoke, even if a previous baby wasn't affected by those issues. Women and birthing people who smoke in pregnancy also have a higher chance of developing health problems.

Risks associated with smoking in pregnancy:

- Miscarriage: 32% more likely.
- Low birth weight: twice as likely (average 30 to 40g lighter).
- Higher blood pressure is more likely.
- Unstable blood sugars are more likely.
- Reduced sensitivity to medication is more likely.
- Preterm birth: 27% more likely.
- Heart defects in the baby: 25% more likely.
- Stillbirth: 47% more likely.
- Sudden Infant Death Syndrome (SIDS): up to 3 times more likely.
- Asthma and respiratory infections – twice as likely.
- Meningitis – more than double the risk.
- Learning difficulties and ADHD – higher risk.

Maternity Stop Smoking Advisers

We have a specialist maternity tobacco dependency service, and many people take this help as pregnancy is a great time to quit.

Our services are here to support your attempt to quit and remain smokefree during your pregnancy. It includes the following

- One to one support.
- Information about useful products.
- Help and support with setting a quit date.
- Discussions on how to deal with triggers and difficult situations around quitting.
- Offering a support network for you and your family.

A craving lasts 4 minutes, the rest is the thought process, so distraction is key!

Carbon Monoxide (CO) Monitoring

CO Monitoring is an observation carried at your booking appointment. It's important that we regularly check CO levels throughout your pregnancy, to monitor exposure to dangerous levels of carbon monoxide.

Carbon monoxide (CO) is a poisonous gas. It can come from unsafe gas appliances, burning coal, wood, petrol, and oil. It also forms when cigarettes (including roll-ups) burn.

A baby receives all the oxygen, nutrients, and antibodies they need from the pregnant person's blood supply.

When a pregnant person smokes (or breathes in other people's smoke) the carbon monoxide, and other damaging chemicals, restricts the oxygen reaching the baby. This affects a baby's growth and development and causes their heart to work harder every time they are exposed to smoke that their mother has breathed in.

When a pregnant person stops smoking, it only takes 24 hours for the harmful CO and other chemicals to leave their bloodstream.

Nicotine Replacement Therapy (NRT)

The main reason people smoke is because they are addicted to nicotine. NRT is a medicine that provides low levels of nicotine without the tar, carbon monoxide, and other poisonous chemicals. It can help reduce the unpleasant withdrawal effects of quitting smoking.

It's available as:

- Skin patches
- Chewing gum
- Inhalators (look like plastic cigarettes)
- Lozenges
- Nasal and mouth spray
- E-Cigarette/Vape.

Our maternity Tobacco dependency service can provide this to you for free.

Alternatively, NRT can be bought over the counter from pharmacies and shops. It is also available on prescription from a doctor /GP.

Referral

The first 15 weeks of pregnancy is an excellent time to quit smoking, in order to maximise a great outcome for you and your baby at time of delivery. CO monitoring is mandatory.

We have an open-door policy which means we are here to support you at any point during your pregnancy.

We know it may feel like a difficult decision to make, and it's never too late to change your mind at any stage and access our services. If you wish to be referred, you can speak to your community midwife/Consultant about making a referral.

Support

We know everyone is different, so we offer a range of services and support for you and your family. For personalised, confidential support contact our Maternity Stop Smoking Advisers:

Maternity Stop Smoking Advisers

Melanie Cox

Telephone: 07500 823 590

Sarah Shorley

Telephone: 07540 266 943

Oxford University Hospitals
NHS Foundation Trust
Public Health Office
Horton Midwifery Led Unit
Banbury OX16 9AL

or

Gail Walton

Telephone: 07786 985 288

Public Health Office
Level 7 Women's Centre
John Radcliffe Hospital
Headley Way,
Headington
Oxford OX3 9DU

Additional information and services

More information about smoking during pregnancy:

NHS Stop Smoking in Pregnancy

Stop smoking in pregnancy - NHS

Website: www.nhs.uk

Tommy's - Smoking and Pregnancy

Get help to stop smoking | Tommy's

Website: www.tommys.org

For partners and family members:

Stop Smoking In Oxfordshire, Quit Smoking Today - Stop For Life Oxon

Call: 0800 1223 790 or Text: STOPOXON to 60777

Support for stopping cannabis use in pregnancy

We are seeing an increasing use of cannabis amongst expectant mothers - we can also offer support to help pregnant people to stop using cannabis.

Many expectant mothers choose to quit cannabis during pregnancy which is hugely beneficial for both mother and baby.

The organisation, Turning Point provides practical support to help give up cannabis and can greatly increase your chances of success. They have hubs in Oxford, Witney, Didcot and Banbury.

You can self-refer via the website or ask your midwife to refer you. Please see the contact details below:

Turning Point

Website: www.turning-point.co.uk

For further information:

Talk to Frank provides honest information about drugs

Website: www.talktofrank.com

Telephone: 0300 1236600

Text: 82111

Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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