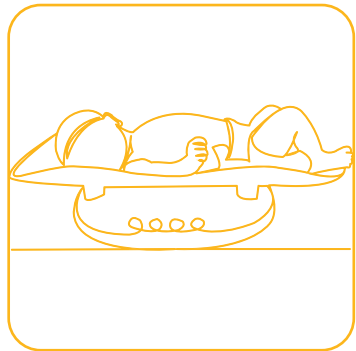
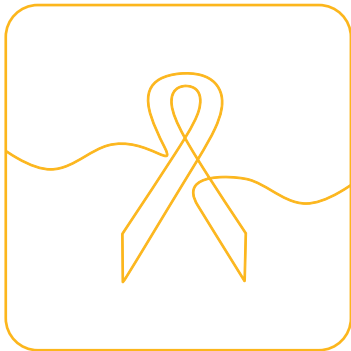


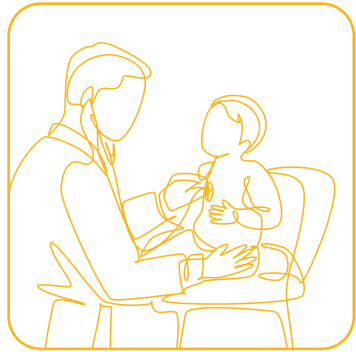
Smoking in pregnancy can harm your baby in lots of ways:



Miscarriage and
premature birth



Sudden
infant death



Ear and breathing
problems



Mental health
problems

Now's the time...

Ask your maternity
team about the **NHS
Tobacco Dependency
Treatment Service.**



Now's the time...

How the
**Tobacco Dependency
Treatment Service**
can help during
your pregnancy



Smoking is the single biggest risk to your pregnancy

If you're pregnant, stopping smoking is the best thing you can do

Smoking during pregnancy can cause serious harm to you and your baby. Stopping completely is the only way of lowering the risks to your unborn baby. **Reducing the number of cigarettes you smoke does not reduce the risks to you and your baby.**

If you or your partner smoke, we're here to help

Many more pregnant smokers and expectant parents in our region are taking their first steps towards quitting and with the right help and support from your maternity team, you're much more likely to quit successfully.

If you smoke, you will be offered access to free treatment and advice to help you quit successfully. You will be supported throughout by a specialist member of our team who will work with you to create your personalised treatment plan.

Here's our 4 step guide of what to expect when you meet our team:

1

Your midwife or maternity support worker will ask if you smoke and test the levels of carbon monoxide in your body. If you have high levels, you will be referred to one of our specialist team members for support.

2

Your midwifery team will have a short chat with you about the harms of continuing to smoke and the benefits of quitting.

3

You will be offered Nicotine Replacement Therapy (NRT) which is safe to use and can help you to quit during pregnancy. You may also wish to use an e-cigarette or vape, as this is safer than continuing to smoke.

4

A specialist member of the maternity team will arrange to meet with you to discuss and agree your personalised treatment plan, helping you to quit for good.



"Stopping smoking is one of the best things a woman and her partner can do to protect the health of their baby through pregnancy and beyond"

Becca Scott, Midwife & Health Visitor,
North East & North Cumbria

"The service worked really well for me. There was no pressure and lots of support when I needed it. I am proud to have quit not just for me but for my baby and family"

Michelle, new mum and service user