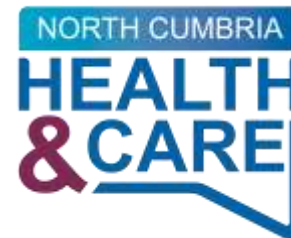


# Starting Well in North Cumbria

## *"Making Every Conversation Count"*

### **Smoking before, during and after pregnancy**



<b>Before pregnancy</b>	<p><b>If you are trying to get pregnant, or there is a chance you may become pregnant, the best advice we can give you and your partner is to stop smoking.</b></p> <p>If you and/or your partner smoke, it may take longer to become pregnant. Smoking can affect the health of a man's sperm and a woman's eggs. This can then impact on the health of your baby if you become pregnant.</p> <p>Breathing in other people's smoke (second-hand smoke) can also impact on the health of you and your baby before getting pregnant. Stopping smoking at least three months before trying for a baby is recommended to make sure the you and your partner are healthy.</p>
<b>During pregnancy</b>	<p><b>During pregnancy, the best advice we can give you and your partner is to stop smoking.</b></p> <p>Second-hand smoke is also harmful, so keeping your home smoke-free during pregnancy is safest for mother and baby.</p> <p>Now you're pregnant, there's never been a better time to stop smoking. The earlier in your pregnancy that you (and anyone else you live with) stop smoking the better. Any amount of smoking can affect the health of your baby during pregnancy, so the best advice is to stop smoking completely. It is never too late to quit.</p> <p>Smoking does not make labour or birth any easier or less painful and it won't affect the size of your baby's head. However, smoking can slow down growth, which means your baby could have health problems. By stopping smoking you will reduce the risk of miscarriage or your baby being stillborn. You also reduce your baby's risk of developing health problems such as asthma.</p> <p>Midwives are used to providing stop smoking support to pregnant women. You should let your midwife know if you smoke. Being given stop smoking advice, in combination with the use of Nicotine Replacement Therapy (NRT) products (such as patches and gum) is the best way to help you give up smoking. This is available through a referral from your midwife.</p> <p>If you are still finding it difficult to stop smoking when using NRT, you could consider switching from smoking to vaping. Again, your midwife can offer advice and a referral to access further support. It is not recommended that you take stop smoking tablets such as Champix or Zyban during pregnancy.</p>
<b>After pregnancy</b>	<p><b>The best advice that we can give you is to remain smoke-free following the birth of your child. It is also important that any home your baby spends time in is smoke free. Protect your baby – do not let them breathe in other people's smoke.</b></p> <p>If children are exposed to second hand smoke they have a higher risk of sudden infant death and can have more ear infections, coughs and colds, lung problems and tooth decay. Smoke can remain on clothing, furniture, walls and clothes even if you smoke outside. Speak to your midwife or health visitor for advice on how you and those around you can get support to stop smoking.</p>

***"Our vision is for all families in North Cumbria to be valued, happy and healthy. We all want the very best for our families"***

## Further Information on:

# Smoking before, during and after pregnancy

<b><i>What are the risks of smoking?</i></b>	Smoking has been shown to cause a wide range of health conditions including heart disease, stroke, lung problems and cancer. We know it is not easy, but stopping smoking is the single best thing you can do for your health.
<b><i>What are the risks of smoking in pregnancy?</i></b>	Cigarettes can restrict the essential oxygen supply to your baby. As a result, their heart has to beat harder every time you smoke. Smoking during pregnancy can restrict your baby's growth and increase the risk of your baby being stillborn or born too early (prematurely). Your child is also more likely to suffer from health conditions such as asthma if you smoke during or after pregnancy.
<b><i>What is NRT?</i></b>	NRT stands for Nicotine Replacement Therapy. Nicotine is the addictive ingredient in cigarettes that causes cravings. By using NRT, you can help reduce cravings for cigarettes and increase your chances of stopping smoking. There are different types of NRT available including patches, gum and inhalators. They do not contain the harmful chemicals (such as tar) found in cigarettes. The liquids used in E-cigarettes can also contain NRT. Using E-cigarettes is not entirely risk free, but vaping is thought to be around 95% less harmful than smoking. Pregnant women are advised to avoid liquorice-flavoured nicotine products. Ask your midwife or pharmacy for advice on products that can help you stop smoking.
<b><i>What are the risks of second hand smoke?</i></b>	Breathing in other people's smoke is known as 'exposure to second-hand smoke' or 'passive smoking'. If your partner or anyone else who lives with you smokes, their smoke can affect you and the baby before, during and after birth. You may also find it more difficult to stop if someone around you smokes. Second-hand smoke can reduce the baby's birthweight and increase the risk of cot death. Babies whose parents smoke are more likely to be admitted to hospital for bronchitis and pneumonia during their first year. Children who grow up with parents who smoke are themselves more likely to smoke.
<b><i>What can partners and wider family do to help?</i></b>	Someone who feels supported is more likely to quit smoking for good. That's why friends and family members can play a big part in helping a person become smoke free. Ways you can help someone to quit smoking: <ul style="list-style-type: none"> <li>• Start a conversation about giving up – use open ended questions such as 'how do you feel about giving up smoking?'</li> <li>• Praise small achievements</li> <li>• Try not to be critical if someone's quit attempt is not successful. Encourage them to try again</li> <li>• Help the person to identify situations where they are more likely to smoke and help them manage any cravings</li> <li>• If you smoke, try to stop as well</li> </ul>
<b><i>Links to further information and advice:</i></b>	<p><b>Before Pregnancy:</b> A number of pharmacies in North Cumbria offer stop smoking support. You don't need a referral. Anyone interested in giving up smoking can:</p> <ul style="list-style-type: none"> <li>• Visit or telephone your local pharmacy and ask if they can help you to stop smoking</li> <li>• Text: 'pharmacy stop home postcode' to 80011. A return text will provide details of the three nearest participating pharmacies</li> <li>• <a href="#">Tommy's 'Are you Ready' Planning for Pregnancy Tool</a></li> </ul> <p><b>During Pregnancy:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Tommy's 'Smoking in Pregnancy' information</a></li> <li>• <a href="#">NHS 'Stop Smoking in Pregnancy' information</a></li> </ul> <p><b>After Pregnancy:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Smokefree Homes Information</a></li> </ul>