

TOBACCO *and* Pregnancy

Smoking during pregnancy is dangerous for you and your fetus. If you use cigarettes or e-cigarettes, now is the time to quit.



RISKS FOR YOUR FETUS



- Delayed growth
- Higher chance of being born too early
- Permanent brain and lung damage
- Higher risk of stillbirth

RISKS FOR YOUR NEWBORN



- Smaller size at birth
- Colic with uncontrollable crying
- Sudden infant death syndrome (SIDS)
- Development of obesity and asthma during childhood

RISKS FOR YOU



- Ectopic pregnancy (a pregnancy outside of the uterus)
- Problems with the placenta
- Problems with your thyroid
- Water breaking too early



QUITTING SMOKING

will help you have a healthy pregnancy and a healthy baby.

Did You Know ?

- Nicotine is only one of 4,000 toxic chemicals in cigarettes.
- Using e-cigarettes (vaping) is not a safe substitute for smoking cigarettes.
- Other smokeless tobacco products, like snuff and gel strips, also are not safe.
- Secondhand smoke can cause growth problems for your fetus and increase your baby's risk of SIDS.

If you need help quitting, talk with your obstetrician–gynecologist (ob-gyn) or other health care professional. Or call the national smoker's quit line at 1-800-QUIT-NOW.



The American College of Obstetricians and Gynecologists believes that pregnant women who use tobacco should receive counseling to help them quit. Your ob-gyn or other health care professional can offer advice about quitting at your first prenatal visit or at any time throughout your pregnancy.