

my body + my baby

## smoking and pregnancy

### We are here to help you

Quitting smoking is important for your health, but it's even more important when you're pregnant. We know that quitting smoking can be difficult and we're here to help you no matter where you are in your pregnancy journey.



#### The impact of cigarette smoke on your pregnancy

<b>Cigarette smoke</b>	When you breathe the cigarette smoke into your lungs, the unhealthy gases and particles get into your blood and organs. Some of these chemicals cross the placenta and lower the amount of oxygen and food available for a developing baby.
<b>Problems in pregnancy</b>	The more a pregnant person smokes, the greater their chance for a premature delivery. Cigarette smoking is associated with a higher chance of premature delivery, placental problems, lower birth weight, stillbirth and sudden infant death syndrome (SIDS).
<b>Miscarriage</b>	The chance of miscarriage is higher in people who smoke cigarettes. There may also be a higher chance of ectopic pregnancy, a serious complication where the developing embryo grows outside of the uterus.

#### The impact of cigarette smoke on your baby

<b>Lung problems</b>	Your child has a higher chance of asthma, bronchitis, and respiratory infections as they grow up.
<b>Birth defects</b>	Cigarette smoking during pregnancy may increase the chance of an oral cleft in the baby, especially if oral clefts run in the family. An oral cleft occurs when a part of the mouth does not fully close, and can be treated.

<b>Withdrawal</b>	Withdrawal symptoms, such as irritability, stiff muscles, and tremors might happen in your newborn if you smoke at the end of pregnancy. These symptoms are short-term and are treated as needed by the healthcare team. It is not known how often these happen.
<b>Development after your baby is born</b>	There may be a connection between cigarette smoking in pregnancy and learning and behavior problems in children. For example, there is a possible higher chance of attention deficit hyperactivity disorder (ADHD), though more research is needed.

## Frequently asked questions

### **I smoke only a few cigarettes a day. Is this still a problem?**

Possibly. The risk of many pregnancy complications depends on how many cigarettes you smoke. The less you smoke, the less you and your baby are at risk of having problems. If you cannot stop smoking, reducing the number of cigarettes a day that you smoke will have benefits. However, even a few cigarettes a day reduces the amount of food and oxygen your baby gets. It is best to completely stop smoking, as early in pregnancy as possible.

### **I am 28 weeks pregnant. Is it too late to quit?**

It is never too late to quit smoking, even if you're already partly through your pregnancy. If you stop smoking, you stop the cigarette smoke that reaches your baby. Stopping at any time during pregnancy is good for the growth and development of your baby. Stopping will also help your newborn by not exposing them to second-hand smoke, which can affect the health of children. It is possible to quit smoking while you're pregnant, and have a healthy baby.

### **What about other types of smoking like marijuana and vaping?**

Smoking marijuana and vaping while you're pregnant can also be dangerous. Vaping may cause lung injury to you, and marijuana use during pregnancy may be linked to preterm birth, low birth weight, and transfer to the neonatal intensive care unit.

**Pregnant people who stop smoking early in their pregnancy can lower their chance of complications. Second-hand smoke is inhaling the cigarette smoke of another person that is smoking near you. This can also cause health problems for you or your baby. People who quit smoking, whether they remain pregnant or not, can reduce their risk for health problems.**