



The risks of smoking during pregnancy

Restricted oxygen

Smoking contains many chemicals which are very harmful to your baby. Smoking restricts the flow of oxygen to your baby increasing stress on the heart. The damage your baby suffers increases their risk of stillbirth.

Premature birth

If you smoke during pregnancy your baby is more like to be born either premature or underweight. Underweight babies can have issues with feeding, keeping warm, breathing and an increased risk of infections during the early stages of life.

SIDS

The risk of sudden infant death syndrome in babies whose mother smokes during pregnancy is far higher compared with nonsmoking mothers. Not smoking during pregnancy can protect the baby both during pregnancy and later in life.

Passive smoking

Second-hand smoke can reduce your 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.

NRT and Vaping

You can use NRT during pregnancy if it will help you stop smoking, and you're unable to stop without it. If using an e-cigarette helps you to stop smoking, it is much safer for you and your baby than continuing to smoke.