

Smoking and Pregnancy

This fact sheet explains why it is very important not to smoke while pregnant. It describes how the NHS can help you stop smoking.

Why stop smoking?

Smokers lose an average of eight years of life unless they stop. They also suffer from diseases of old age for more of their lives. The earlier you stop, the less the damage but stopping at any age makes a difference.

Smoking when pregnant harms the foetus. The damage occurs all the way through pregnancy; the earlier you stop the better but stopping at any stage is very worthwhile.

The damage leads to an increased chance of death of the baby in the womb or soon after birth.

Even if the baby is born apparently normal there is an increased risk that your child will have behaviour problems and learning difficulties later in life.

Why get help with stopping?

Stopping smoking can be very difficult. This is because of the way that nicotine acts on the brain: it rewards you when you smoke and produces unpleasant symptoms when you try to stop.

If you try to stop without help, your chances of success are about 1 in 20.



What help is available?

Camquit Stop Smoking Service can help you stop smoking in a variety of ways:

1. Stop smoking groups

These run for seven weeks, usually in the evening. The session usually lasts for about an hour and a half. The success rate for people who want to stop smoking in a group is very high - up to 80%.

2. One-to-one appointments

You can call our freephone number or look at our website for the nearest clinics to you. See details below.

3. Consult a 'Community Stop Smoking Advisor'

Community advisors are practice nurses, pharmacists or other health professionals who are trained to support smokers wanting to stop. You see the advisor once a week starting one or two weeks before the quit date, and carry on for four weeks after it. Sessions typically last 15-30 minutes. NRT, Zyban or Champix is usually prescribed.

Call Camquit and join the telephone counselling call back service. They will send you an NRT voucher to redeem at your local pharmacist and support you over a six-week period at times that are suitable to you. The call back service is available extended hours from 9:00am to 8:00pm Monday to Friday and from 10:00am to 6:00pm at weekends.



What you should know when trying to stop

You can use NRT because it is simply replacing some of the nicotine you were already getting from cigarettes. However, you should consult your doctor.

Smokers often think that smoking helps with stress but it actually makes it worse - your stress levels will go down if you stop smoking completely.

To get the benefit, you must stop completely; if you just cut down you will smoke your cigarettes harder to get the nicotine your body needs. **Your best chance of success is by getting help!**

Contact your local GP or

CAMQUIT on

0800 018 4304 or

www.camquit.nhs.uk

Or text KICKBUTT to

80010

NHS

Cambridgeshire