

Quitting smoking for my pregnancy



For your own health and that of your baby, it's best to quit smoking. This fact sheet describes the support available to you to do that.

Why quit smoking?

There are many benefits:

FOR THE BABY

- Better chance of having a normal birth weight
- Behaviour that is calmer, less agitated
- Less risk of sudden infant death syndrome (SIDS)
- Smoke-free home with healthier air

Remember! Opening a window, turning on a fan, and smoking under the kitchen range hood or in the next room are not enough to eliminate the toxic effects of cigarette smoke.

FOR THE MOTHER AND SPOUSE

- Greater stamina
- Better breathing capacities for playing with the baby
- Healthy skin
- Improved finances: best of all, with a new baby

But the delivery is stressing me out, and not smoking, too...

Yes, that's normal. Smoking is an addiction. Your care team will do everything possible to support you. There are ways to relieve your smoking urges and any symptoms you might have, such as nervousness and sleep problems.



Your pharmacist, physician, or nurse can advise you on the best approach for your situation.

Also, the I QUIT NOW helpline staff (see the Useful Resources box on page 2) can help you on a day-to-day basis. By using their telephone support service, you'll improve your chances of reaching your goal.

What products can help me?

Different medications are available to quit smoking. These release nicotine into the body slowly without the other toxic substances found in cigarettes. To find out more about this, talk with a health professional.

Nicotine is the main cause of cigarette addiction. It has a pleasurable effect on the brain. It's the other products contained in the smoke that cause diseases.

Can these products be reimbursed?

Yes, part of the costs may be reimbursed by your insurance or by Québec's public drug insurance plan.

What about electronic cigarettes?

Electronic cigarette vapours contain toxic products. Even though they contain less than regular cigarette smoke, it's not advisable to vape during pregnancy.

If you have any questions, talk with a health professional.

Smoke-free environment

Keep in mind that, for everyone's health, smoking and vaping are prohibited everywhere at the CHUM. When you're in the hospital, you may be given quit-smoking products. This is part of your care.



Who can I contact if I have questions?

You can contact an I QUIT NOW helpline worker or a Quit Smoking Centre (see below). They can give you several practical tips to help you quit.



USEFUL RESOURCES

I QUIT NOW helpline:

Monday to Thursday: 8:00 a.m. to 9:00 p.m.

Friday: 8:00 a.m. to 8:00 p.m.

> 1 866 527-7383

Quit-smoking text messaging service:

Service available 24/7.

> smat.ca

To find the Quit Smoking Centre nearest to you, call the I QUIT NOW helpline or visit the website:

> quebecsanstabac.ca

Click on the *J'arrête* tab, and then on the EN tab.

To learn more about pregnancy, delivery, or follow-up care, visit our website.



Videos, other fact sheets, and more resources are available at:

centredesnaissanceschum.com

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca