

Quitting smoking for my pregnancy



For your own health and that of your baby, it's best to quit smoking. Even when the pregnancy is going well, there are always dangers. This health sheet describes the support available to you.

Did you know?

Besides the negative impacts on your health and that of your partner, smoking during pregnancy increases the risk of:

- Miscarriage
- Premature delivery
- Low birth weight
- Detached placenta
- Stillborn delivery
- Slower recovery after a cesarean delivery

After birth, a baby surrounded by smokers has a higher risk of:

- colds, ear infections, asthma and allergies
- colic
- ear, nose, and throat irritation
- feeding problems
- mood swings
- sudden death syndrome
- becoming a smoker in later life

A smoke-free home?

Opening the window, smoking under the kitchen hood or in the next room isn't enough to eliminate the toxic effects of cigarettes. Smoke can also be found in dust, on floors, furniture, carpets...

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. Talk about it, even if you're still reluctant to change your habits.

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. However, you need a prescription from your healthcare professional or pharmacist.

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.



It's never too late to stop smoking and reduce the negative effects on your pregnancy and your baby.

What about after the pregnancy?

It's really best not to smoke after the pregnancy either, for both mother and child. If you do smoke, we advise you to do so less often and only outside the house or car. Because of its benefits, breastfeeding is recommended even if you smoke. But because nicotine passes into breast milk, we recommend smoking just after a feed. To find out more, read the guide *From Tiny Tot to Toddler* (see below).

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 smoking or vaping.



USEFUL RESOURCES

I QUIT NOW helpline:

1 866 527-7383

Quit-smoking text messaging service:

smat.ca

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

quebecsanstabac.ca

The guide *From Tiny Tot to Toddler*:

inspq.qc.ca/en/tiny-tot/

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 advice of your healthcare professional.

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