



Pregnancy and smoking



quit.org.au



You can protect your unborn baby by stopping smoking.

At Quitline (13 7848), we have helped many people who are pregnant to stop smoking.

We can help you, even if you don't quite feel ready to stop just yet.

We will listen and give you support suited to your needs.



The toxins from smoke go everywhere your blood flows.

Smoking in pregnancy increases the risk of:

- › **miscarriage**
- › **babies** being born before 37 weeks
- › **complications** during birth
- › **low birth weight**, so babies are more likely to have infections and other health problems
- › **babies** with weaker lungs
- › **Sudden Unexpected Death** in Infancy (SUDI).



Make your car and home smokefree.

Babies who breathe in secondhand smoke have a greater risk of:

- › **SUDI**
- › **wheezing, asthma**
- › **serious chest illnesses**
- › **middle ear disease** which can damage hearing.

Why you smoke

Physical

Your body wants nicotine and has cravings and withdrawal



Habits

You link activities with smoking



Emotional

You link feelings with smoking



Quitline (13 7848) can help you find ways to cope without smoking.

Your doctor can also support you to quit.

For some people, nicotine replacement therapy such as the lozenge or gum can help.

Talk with your doctor before using nicotine replacement therapy or other products to help you stop smoking.

What is Quitline?

- › We are a free counselling service that can help you break free from smoking or vaping
- › We care and we don't judge
- › We will work together with you to find out what you want to do about your smoking or vaping
- › We can help build your motivation and skills and create a step-by-step plan
- › Your call is private and confidential.



To contact Quitline:

- › Call **13 7848**
- › Ask Quitline to **call you back** for **free** at **quit.org.au/callback**

There are more ways to contact Quitline including **webchat**, **WhatsApp** and **Messenger**. Scan the QR code or visit **quit.org.au/quitline**



Visit quit.org.au

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