

Quitting Tobacco in Pregnancy

This leaflet explains about smoking and tobacco dependence. If you have any further questions, please speak to a doctor or nurse caring for you.

What is the Tobacco Dependence Treatment Service?

If you're currently pregnant and you smoke, we're here to help as part of your treatment plan during your antenatal care.

Receiving evidence-based support to quit tobacco is the best thing you can do for yourself, your unborn child and their future, as well as your wider family.

We are here to support you throughout your quit journey.

Do not hesitate to get in touch, ask us questions and book a face-to-face appointment.

Call our Tobacco Dependence Link Workers (TDLW) to start your quit journey:

Telephone: 020 8266 6148

or email smokingcessation@stgeorges.nhs.uk

What is tobacco?

Tobacco is a preparation of the nicotine rich leaves of a poisonous plant, which is cured by fermentation ready for chewing or smoking.

Smoked tobacco is any tobacco that is burned, such as cigarettes, cigars or pipes.

Smokeless tobacco is any tobacco that is not burned and is instead designed to be sucked, chewed or kept in the mouth.

Both smoked and smokeless tobacco products are known to be harmful to your health and the health of your unborn child.

Other sources of tobacco

These can include:

- Paan
- Bidi
- Gutka
- Shisha (hookah, narghile, waterpipe or hubble bubble)
- Betel quid

These sources of tobacco can be as addictive as smoking cigarettes.

What are the risks of using tobacco?

Smoked tobacco, such as cigarettes and shisha, contain cancer causing chemicals and toxic gases including carbon monoxide (CO).

Anyone who smokes tobacco products is at higher risk of blood clotting. A blood clot in the blood is called a deep vein thrombosis (DVT) and can cause a stroke, even in pregnancy or within a few months of giving birth.

Smokeless tobacco products increase the risk of mouth cancer and tooth decay, as well as oesophageal, (food pipe) cancer.

What is carbon monoxide (CO)?

CO is a colourless, odourless, toxic, flammable gas formed by incomplete combustion of carbon. It is found in burning cigarettes and other tobacco products that are burned. CO is found in large quantities in the blood of people who smoke and can affect the unborn child by depriving them of oxygen. CO from smoking reduces oxygen in the blood by as much as 15%.

CO can be found in:

- Second-hand tobacco smoke
- Faulty gas boilers and gas appliances
- Faulty kitchen appliances
- The environment around us, such as heavy traffic and air pollution or industrial environments such as factories

CO can also be found in much smaller amounts in fizzy or caffeinated drinks, such as coffee, tea, energy drinks or Cola.

E-cigarettes and heated tobacco products (HTPs) – are they safe in pregnancy?

E-cigarettes and heated tobacco products (HTPs) are growing in popularity and there are still some things we do not know. However, evidence has shown that E-cigarettes are much less risky than smoking or using heated tobacco products, and there's growing evidence that they can be effective in stopping smoking.

E-cigarettes do not contain CO and tar, the two main toxins in tobacco products.

HTPs, such as IQOS, **are not advised** in pregnancy and this is considered the same as smoking because they contain tobacco. HTPs are associated with increased risks of 'small for gestational age' (SGA) babies, this is when a baby is smaller than expected.

Why is smoking bad for me and my unborn child?

Smoking can seriously damage your health and the health of your baby and can harm your chances of a quick and successful recovery after childbirth. If you're accessing other services in hospital, there's never been a better time to get support for smoking and tobacco use and the NHS Tobacco Dependence Treatment Service is here for you.

The best thing you can do to improve your health is to stop smoking. This will not only help your recovery and wound healing after childbirth but will also reduce the risk of complications during pregnancy and delivery.

People who smoke who are admitted to hospital for treatment are more likely to experience complications than non-smokers.

The NHS Tobacco Dependence Treatment Service offers a full range of treatment and care to help you manage your tobacco dependence and support your recovery.

Our NHS recognises the harms of smoking which is why most hospitals across London now provide treatment for tobacco dependency to any patient who smokes, as part of their hospital care. Most hospitals in London are now completely smokefree, which means no smoking anywhere on hospital sites.

The good news is that there are now very good treatments available to help you manage your dependence while you are pregnant and if you wish to stop smoking long term.

If you decide that now's the time to stop using tobacco completely, you're in good company; more and more people who smoke in England are now taking their first steps towards stopping for good whilst pregnant. With our help and support, you're much more likely to stop successfully.

"Smoking remains the leading cause of preventable death and ill health in the UK and accounts for over half a million hospital admissions per year in England. Smoking harms nearly every organ in the body and affects a person's overall health and their ability to recover quickly from illness. At St. George's, we want the best outcomes for all our patients. Getting support to reduce or abstain from tobacco whilst in our care, gives smokers a better chance of a speedy, trouble-free recovery."

Dr Richard Jennings. Group Chief Medical Officer.

Risks of smoking in pregnancy

Risks	Maternal Smoking	Second-hand smoke exposure
Low birth weight	Twice as likely	Average 30-40g lighter
Heart defects	25% more likely	Increased risk
Stillbirth	47% more likely	Possible increase
Preterm birth	27% more likely	Increased risk
Miscarriage	32% more likely	Increased risk
Sudden infant death syndrome (SIDS)	Three times more likely	45% more likely

Stopping smoking now will also help your baby later in life. Children whose parents smoke are more likely to suffer from asthma, infections (i.e., ear, throat) and other serious illnesses that may require hospital treatment.

Myths and Facts about smoking in pregnancy

Myth: It's too stressful to quit smoking while I'm pregnant.

Fact: Research shows that smoking actually increases anxiety and stress. Nicotine creates an immediate sense of relaxation, so people smoke believing it reduces stress and anxiety. This feeling is temporary and soon gives way to withdrawal symptoms.

Myth: Smaller babies are easier to deliver.

Fact: The carbon monoxide present in smoke reduces babies food and oxygen intake, which contributes to low birth weight, a possible difficult delivery and a multitude of health issues.

Myth: I will gain too much weight if I quit smoking.

Fact: Gaining weight in pregnancy is healthy and necessary. Physical activity and healthy eating can support a healthy weight.

Myth: My other babies were ok or I can't see how it can hurt.

Fact: Many of us know someone who smoked in pregnancy and delivered healthy babies. However, people who smoke in pregnancy have an increased risk of developing health problems for them and their baby.

How the Tobacco Dependence Treatment Service can help you

1. We'll start with a chat and ask you if you smoke, as part of our routine health check when you arrive for your Booking appointment. If you do smoke, you'll be offered nicotine replacement products to help manage any cravings or withdrawal symptoms.
2. If you agree to a referral, a member of our Tobacco Dependence Treatment Team will contact you and discuss the options and support available to you.
3. We will work with you to agree a treatment plan. If you want to stop smoking long-term, we can arrange for ongoing support and medication for you.

Your treatment plan

When you meet your Tobacco Dependence Link Worker, you will be asked a few questions about how much you smoke, what you smoke and how often, so we can understand how best to manage your tobacco dependency. Your Link Worker will support you to develop your own treatment plan, offering you advice, support and medication, as part of your care. Nicotine replacement products such as patches, lozenges, mouth spray and inhalators are highly effective and will help with any cravings during your quit journey. The Tobacco Dependence Link Worker will work with you to decide the best combination of products and medication for you.

Nicotine replacement therapy (NRT) and safe usage

The Tobacco Dependence worker will take you through the different NRT products available and together you will decide which option is best for your needs. The aim of using NRT is to reduce your need for tobacco, to achieve a smokefree pregnancy.

Patch - Apply one patch first thing every morning. Apply to a clean, dry, hairless area of skin, ideally on the upper arm, back or hip. It is best if you don't put it on the same place every day. You will be prescribed a 16-hour patch. Remove the patch and dispose of it at the end of the day before bed.

Inhalator – Insert the cartridge into the plastic mouthpiece and inhale through the mouthpiece as required. Ten puffs on a cartridge are roughly the equivalent of one puff on a

cigarette so use the inhalator for around 10-15 minutes every hour. You can use a maximum of six cartridges per day.

Mouth spray - Open your mouth and point the spray nozzle towards the inside of your mouth, holding it as close as possible to the inside of the cheek. Press the top of the dispenser to release one spray into the mouth, avoiding the lips. It may be easier to spray under the tongue. Do not spray towards the back of the throat. For best results, avoid swallowing for a minute after spraying. Use one spray first and if your cravings do not disappear within a few minutes, use a second spray. The maximum dose is two sprays at a time, four sprays per hour and 64 sprays per day.

Microtabs - Microtabs must be dissolved under the tongue and NOT swallowed or chewed. Use as needed, maximum 40 pieces per day.

Lozenges - Put the lozenge in your mouth between your gums and your cheek. You may feel a warm or tingling sensation. Allow the lozenge to dissolve slowly over 15-20 minutes, moving it around every so often from one side of your mouth to the other. Do not chew, suck or swallow it. Use one lozenge when required, usually 8-12 lozenges per day. Do not use more than 15 lozenges per day.

How to manage your cravings

Cravings last for three to five minutes and then they will lessen. If you do not smoke after your Quit Date, cravings will become less strong and less frequent until they disappear, and you will get better at dealing with them.

There are a few things you can do to manage your cravings. We suggest the following, but you can also come up with your own ideas:

- **Water:** drink plenty of water; you are also pregnant, and it is important to keep well hydrated.
- **Breathe:** take deep breaths from the belly and exhale slowly.
- **Distractions:** do something to distract yourself until the craving passes (i.e. reading, walking, social media, etc.).
- **NRT:** use fast acting NRT as prescribed.

Benefits of quitting for you, your baby and your family

Quitting smoking and usage of tobacco products, is one of the best things you can do to safeguard the health of your unborn child, your family and yourself.

Take action, plan your quit today for a healthier pregnancy.

You will reduce the risk of complications in your pregnancy, and you are more likely to have a healthier pregnancy and baby.

You will have a reduced risk of stillbirth and sudden infant death syndrome (SIDS).

Smoking is the biggest modifiable risk factor for stillbirth. Therefore, your risk of stillbirth and SIDS is reduced if you quit smoking during and after pregnancy.

You will also reduce the risk of prematurity and a low birth-weight baby. Your baby is less likely to face breathing, feeding and health problems that often accompany prematurity and low birth weight.

How do we support you to quit?

There are two main ways we can help you to quit smoking:

Behavioural support: This is a combination of advice and counselling on ways to make it easier to stop smoking, and information about why and/or how to stop.

Nicotine replacement therapy (NRT): We offer a range of NRT to ease the transition from smoking to becoming smokefree. The best way to quit is to use a combination of behavioural support and medication.

As part of your NHS treatment, you will be referred to our Tobacco Dependence Team, (TDT) at your booking appointment or during your antenatal care. The TDT will aim to contact you within five working days from the day of your referral and will offer you expert support throughout pregnancy.

The programme includes a mix of face-to-face and telephone appointments. Telephone appointments are once a week, and face-to-face appointments are once every two weeks, or as needed. There is also support available for partners and other family members who wish to quit tobacco use. Please discuss this with your Tobacco Dependence Link Worker.

Who can attend / receive the service?

Anyone in your immediate household including partners, who is a smoker or tobacco user can receive support from the Tobacco Dependence Team.

Where do I need to go?

We have face-to-face and remote telephone clinics available at St. George's and in the community which patients can access. These clinics run on a 12-week programme and offer more in-depth behavioural support. If you would like more information on this or to book an appointment, please call us on 020 8725 4234.

Does it cost anything?

Our stop smoking clinics are free of charge. Medication is free during pregnancy and for those who are exempt from prescription costs. Prescription charges may apply to those who do not qualify for these exemptions. To reduce costs further, you may wish to apply for a prescription pre-payment certificate. <https://www.gov.uk/get-a-ppc>

What do I need to bring with me to my stop smoking appointment?

If you are currently using any nicotine replacement products or stop smoking medications, please bring these into hospital with you, or to your outpatient appointment.

Useful sources of information

QR codes on page 9

NHS Stop Smoking Services

<https://www.nhs.uk/better-health/quit-smoking/>

0300 123 1044

Stop Smoking London provides a 12 week programme that guides you through your journey to become tobacco free. The advice, practical support and encouragement can help you stop smoking or quit tobacco for good.

<https://stopsmokinglondon.com/>

0300 123 1044

Tommy's Charity - A charity researching the causes and prevention of pregnancy complications, miscarriage, stillbirth and premature birth.

<https://www.tommys.org/pregnancy-information/im-pregnant/smoking-and-pregnancy/get-help-stop-smoking#:~:text=Local%20stop%20smoking%20services%20are,home%2C%20or%20over%20the%20phone.>

Making Every Contact Count (MECC) - MECC Link - Simple Signposting to Better Health and Wellbeing

<https://www.mecclink.co.uk/london/smoking/>

Large print and other languages

Stop smoking information can be made available in alternative formats, such as easy read, braille or large print and may be available in alternative languages, upon request.

For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

Contact us

If you have any questions or concerns about the Tobacco Dependence Treatment Service or about what support is available, please contact the team on 020 8725 4234 (Monday to Friday, 9am to 5pm). Alternatively, you can speak to the midwife in charge of your care and request a referral to the service.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

NHS UK provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

AccessAble

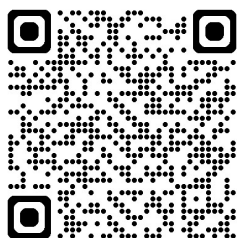
You can download accessibility guides for all our services by searching

'St George's Hospital' on the AccessAble website (www.accessable.co.uk).

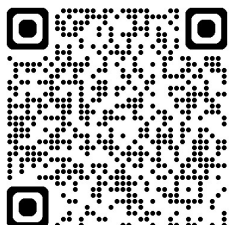
The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

Website QR Codes

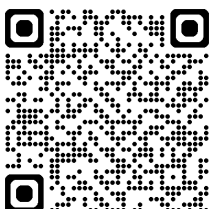
Prescription Prepayment Certificates



NHS Better Health – Quit Smoking



Stop Smoking London



Tommy's Charity



Leaflet compiled by Frederica Agbah, with thanks to Barts Health NHS Trust and Bedfordshire Hospitals NHS Foundation Trust



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