

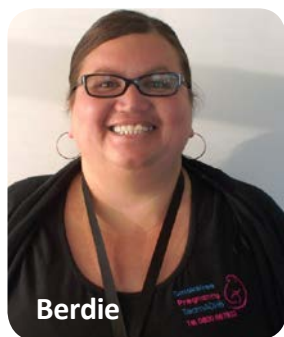
Affects of smoking while you are pregnant.

Smoking can cause miscarriage.

Smoking increases the risk of early delivery as well as a low birth weight baby.

Smoking can cause breathing problems and is strongly connected to coughs, asthma, glue ear, and eczema in new born children.

Smoking increases the risk of a stillbirth.



Berdie

“Quitting smoking in pregnancy gives your baby a healthy start to their life.”



**Smokefree
Pregnancy
Team ADHB**



Tel. 0800 667 833

Addressing Smoking: Promoting Smokefree Babies

We can support you by:

Home visits, Clinic appointments
Phone and Text

Contact details:

Freephone – please leave message

0800 667833 (0800 NO PUFF)

Email

smokefree@adhb.govt.nz

Text to

Lisa: 021-835-584, **Berdie:** 021-331-853

or **Shalom:** 021-742-167

**You can quit, give it a go
and we can help you**



2 Park Road, Grafton, Auckland 1142

Stop B4 U drop



Why quit when pregnant?

“Quitting smoking is the single most effective means of protecting baby and yourself from serious complications in pregnancy.”

**The best thing you can do
for your health is stop smoking**



Using nicotine patches, gum, and lozenges will reduce cravings when trying to stop:

Whilst you are in the clinic ask your nurse or doctor to refer you to ADHB Smokefree Services.

They will contact you to discuss the best way for you to quit. They can also provide you with vouchers to purchase highly subsidised nicotine patches, gum or lozenges and refer you to specialist community groups for ongoing support. Using patches, gum and lozenges and getting support doubles your chances of quitting.

Risks & benefits of nrt

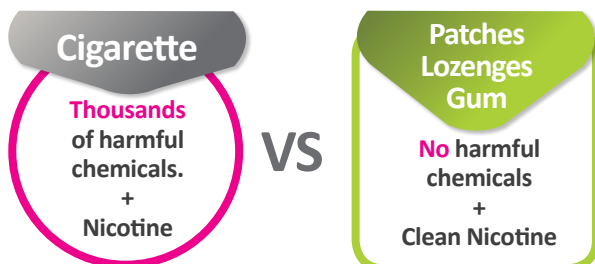
“Using a product which contains only nicotine is far safer than smoking.”

Recommendations

It is recommended that when you are pregnant you should put your patch on in the morning and take it off before bed.

This allows you and your baby to have a break from the nicotine in your body.

What is in a cigarette?



Lisa

Benefits of quitting smoking for You and baby

Reduced risk of respiratory illnesses when the child is born.

Within 20 minutes:

Your heart rate and blood pressure drops.

Within 1-2 hours: The carbon monoxide level in your blood drops to normal.

Within a day: Almost all of the nicotine is out of your blood stream.

Within 1-3 days: Your risk of a heart attack or stroke begins to drop.

Within a week: Your lungs' natural cleaning system will start to recover and become better at removing mucus, tar and dust

What does research have to say about quitting smoking during pregnancy?

Smoking leads to less blood supply to the baby, less activity by the baby, difficulty in breathing at birth, and changes in the placenta that can lead to a low birth weight baby.

“Being pregnant does not protect the unborn baby from the harmful effects of mum smoking.”



Shalom

When we receive your referral we will arrange an appointment to:

- Assess your smoking.
- Explain how NRT works
- Talk about the alternative to help you stop smoking.
- Support you to make a quit plan.
- Arrange the next appointment (visits can be at home, or in a clinic; or wherever is suitable to you).