

# Pregnant and using opioids and tobacco?

## Did you know?

### **Women with opioid use disorder who smoke during pregnancy experience:**

- Increased rates of a serious pregnancy complication that can deprive the baby of nutrients and oxygen
- Preterm delivery
- Low birth weight
- Stillbirth

### **Other common risks in children of mothers with tobacco and opioid use disorder include:**

- Problems bonding between mother and infant
- Increased risk of sudden infant death syndrome
- Developing behavioral and emotional problems
- Increased risk of developing tobacco and other substance use disorders later in life
- Increased risk of babies being born with neonatal abstinence syndrome if pregnant women smoke while receiving medication-assisted treatment for opioid use
  - Neonatal abstinence syndrome means the baby suffers opioid withdrawal and can require longer hospital stays or neonatal intensive care unit admission.

**Quitting tobacco use is one of the best things you can do to protect your health and that of your baby.**

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## **Treating tobacco and opioid use disorders together supports successful opioid recovery.**

- Quitting smoking is linked to extended recovery from opioid misuse.
- Quitting smoking reduces stress and anxiety and promotes physical wellness, which promotes opioid use recovery.

## **Get help to quit tobacco today. The best way to quit is by using medication and counseling.**

### **How to get help:**

- Call 1-800-784-8669 (QUIT-NOW) for your state's tobacco Quitline.
- Text QUIT to 47848 for a smoke-free texting program.
- Visit [Women.SmokeFree.Gov](https://www.women.smokefree.gov) for more resources for women.

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