

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.





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.

This literature was developed with support from the Cancer Prevention & Research Institute of Texas.