

Smoking cigarettes before, during, and after pregnancy can harm your baby. This includes using electronic cigarettes, as the aerosol contains harmful chemicals and nicotine.



Smoking before pregnancy

- Makes it harder for you to get pregnant.
- Increases risk of ectopic pregnancy (a dangerous condition when the embryo implants outside the uterus).

Smoking during pregnancy

Increases your risk of:

- Miscarriage.
- Preterm birth, which is the leading cause of death, disability and disease among newborns.
- Spontaneous abortion and fetal death by 150%.
- Low birth rate, which can lead to many serious health problems for your baby.
- Fetal and lung development impairments.

Smoking after pregnancy (via secondhand smoke)

Increases your baby's risk of:

- Sudden Infant Death Syndrome (SIDS).
- Acute respiratory infections and of developing allergies.
- Ear infections.
- More frequent and severe asthma attacks.
- Developing adult onset of Chronic Obstructive Pulmonary Disease (COPD).
- Developing neurodevelopmental and behavioral problems.

Quitting smoking is the most important step you can take to protect your and your baby's long-term health.

It's never too late to quit smoking.



How quitting can help you and your baby:

- Your baby gets more oxygen, even after just one day!
- Your baby will grow better.
- Your baby is less likely to be born early.
- You and your baby will experience less stress during delivery.
- You'll be healthier, have more energy and breathe easier.
- You'll decrease your chance of abnormal bleeding during pregnancy and birth, decreasing your risk of miscarriage, preterm birth and possible maternal death by half.
- You'll be less likely to develop heart disease, stroke, lung cancer, lung disease and other smoking-related illnesses.

Recommended Treatments for Quitting Smoking for Pregnant Women

- Behavioral interventions are a safe way of quitting tobacco and electronic cigarettes. These include:
 - Individual or group in-person behavioral support and counseling.
 - Telephone counseling and text messaging programs.
 - Self-help materials.

How to get help

- Ask your doctor or substance use counselor for help quitting.
- Call 1-800-Quit-Now for free help.
- Visit www.smokefree.gov for a step-by-step guide.
- Explore the resources at www.takingtexasobaccofree.com

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