# Tobacco and Pregnancy

Smoking during pregnancy is dangerous for you and your fetus. If you use cigarettes or e-cigarettes, now is the time to quit.





#### **RISKS FOR YOUR FETUS**

- Delayed growth
- Higher chance of being born too early
- · Permanent brain and lung damage
- · Higher risk of stillbirth



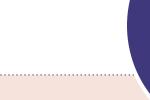
#### **RISKS FOR YOUR NEWBORN**

- · Smaller size at birth
- Colic with uncontrollable crying
- Sudden infant death syndrome (SIDS)
- Development of obesity and asthma during childhood



#### **RISKS FOR YOU**

- Ectopic pregnancy (a pregnancy outside of the uterus)
- Problems with the placenta
- · Problems with your thyroid
- Water breaking too early



## QUITTING SMOKING will help you have a healthy pregnancy and a

healthy baby.

#### **Did You Know?**

- Nicotine is only one of 4,000 toxic chemicals in cigarettes.
- Using e-cigarettes (vaping) is not a safe substitute for smoking cigarettes.
- Other smokeless tobacco products, like snuff and gel strips, also are not safe.
- Secondhand smoke can cause growth problems for your fetus and increase your baby's risk of SIDS.



### If you need help quitting, talk with your obstetrician-gynecologist (ob-gyn). Or call the national smoker's quit line at 1-800-QUIT-NOW.

The American College of Obstetricians and Gynecologists believes that pregnant people who use tobacco should receive counseling to help them quit. Your ob-gyn can offer advice about quitting at your first prenatal visit or at any time throughout your pregnancy.

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