

# 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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