

## TEXT & ONLINE RESOURCES



- SmokefreeMOM text message program (text MOM at 222888 to join)
- Smokefree Women Facebook page
- LiveHelp- online chat service available M-F 9:00 AM-9:00 PM
- quitSTART- smartphone app that helps you track your quitting progress

## PHONE RESOURCES

- Philadelphia Quitline:
  - 1-877-724-1090
- PA Quitline:
  - 1-800-QUIT-NOW
  - Offers:
    - Coaching sessions
    - Unlimited calls
    - Help making a plan to quit
    - 8 weeks of nicotine replacement therapy

*Want more information?*



## Quitting Smoking During Pregnancy



**Your frequently asked questions, answered.**

## CONSEQUENCES OF SMOKING

When you smoke during pregnancy, harmful chemicals like nicotine, carbon monoxide, and tar can pass to your baby.

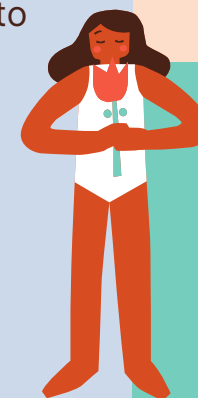


### Smoking during pregnancy can lead to:

- Preterm (early) labor
- Ectopic pregnancy (when the baby grows outside the uterus)
- Vaginal bleeding
- Birth defects
- Low birth weight
- Poor lung or brain development in baby
- Miscarriage or stillbirth
- Sudden Infant Death Syndrome

## QUITTING STRATEGIES

- Decide on a quit day so you have time to prepare
- Write down your reasons for quitting. Refer to it whenever you want to smoke.
- Get rid of smoking reminders, like ashtrays or lighters
- Tell your loved ones about your plan to quit so they can support you during your journey
- Come up with other ways to manage stress like:
  - Meditation
  - Journaling
  - Listening to music
  - Talking to a loved one
  - Going for a walk
- Talk to your doctor about your plan to quit. They can give resources to help you.



## FAQ

### Q: Can I use e-cigarettes instead?

E-cigarettes (vapes, pens) contain nicotine plus other chemicals from the flavoring. They are harmful for both you and your baby. Quitting smoking also includes quitting using e-cigarettes.

### Q: What if I am exposed to secondhand smoke?

Secondhand smoke is smoke you breathe in when someone nearby you is smoking. Being around secondhand smoke can negatively affect you and your baby, both during and after pregnancy.

### Q: Can I cut down on smoking or should I quit fully?

Though cutting down on smoking is better than not quitting at all, quitting entirely is best. Quitting smoking at any time in pregnancy will lead to a healthier pregnancy. The earlier you quit, the better.