

What do we offer you?

- Help from the trained pregnancy stop smoking advisors. This will increase your chances of stopping for good.
- Relaxed and friendly support.
- Information about effective ways to stop.
- We will support you for as long as it takes.
- The door is always open.

“It's hard to start with but with motivation from the advisor and the healthier you feel, you know it's best for you and your baby.”

Patient,
Southern General
Maternity Unit



What can you do?

- If you would like help to stop smoking call **0141 201 2335**.
- The earlier you stop smoking in pregnancy the better this will be for your health and the health of your baby.
- Remember it is never too late to stop smoking.



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PREGNANCY SERVICES

Get in touch when you're ready.

For more information on Smokefree Services call Smokeline on

0800 84 84 84

or visit

www.nhsggc.org.uk/smokefreeservices

Local contact details

0141 201 2335

Reviewed 2013

NHS
Greater Glasgow
and Clyde



Want to Stop Smoking

when you are pregnant?

You can do it - we can help



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PREGNANCY SERVICES

what are Smokefree Services?

Smokefree Services provides local support to help you stop smoking. This is delivered by trained professionals.

If you are pregnant and want to stop smoking we have specially trained stop smoking advisors to help you. We can give you free support, encouragement, advice and information. We will also arrange nicotine replacement therapy (NRT) if required.

We provide help to stop smoking in a maternity hospital or community clinic near to where you live. We can also arrange help for your family if they want to stop.

NHS Greater Glasgow & Clyde Smokefree Services

Are you or your baby exposed to tobacco smoke?

- Tobacco smoke contains around 4,000 chemicals. These chemicals are carried to your baby through your placenta. The chemicals can affect your health and the health of your baby.
- As part of your routine antenatal care, your midwife will ask you to blow into a monitor. This will test the level of carbon monoxide in your body.
- Carbon monoxide is a poisonous gas which is breathed in through tobacco smoke. It reduces the amount of oxygen for you and your baby.

What happens next?

- If you smoke or have just stopped or your carbon monoxide level is higher than expected we will contact you.
- We will talk to you about your smoking.
- If you do not wish to be contacted by the Smokefree Pregnancy Service, you can call 0141 201 2335.

Did you know that smoking in pregnancy can cause:

- Toxins from tobacco smoke that can damage your placenta. The placenta is essential for the development of your baby.
- Less essential oxygen delivered to your baby.
- A low birth weight baby. This can cause problems for your baby during your pregnancy and labour. This can also cause health problems for your child later in life.
- Miscarriage, premature labour and stillbirth.

“They told me about the hidden chemicals in cigarettes and what they do to my body as well as my unborn baby’s.”

Patient,
Princess Royal Maternity Unit



Did you know that exposure to secondhand smoke can cause:

- Cot death.
- Asthma, asthma attacks and serious chest infections, e.g. bronchitis and pneumonia.
- Glue ear.
- Tobacco smoke chemicals in breast milk.

Smokeline: 0800 84 84 84