

Pregnancy and tobacco use

Using tobacco when you are pregnant harms your baby!

- Nicotine from tobacco travels through your blood to your baby. Your baby actually receives more nicotine than you do.



- Nicotine from tobacco tightens blood vessels so your baby receives less food and oxygen.
- Nicotine speeds up your baby's heartbeat, making its heart work harder.
- Nicotine can also cause your baby to be born prematurely, or not be as healthy as possible.
- Nicotine increases risk for pregnancy problems, stillbirths, and miscarriages.



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Benefits of Quitting

Quitting any time during pregnancy increases the chances of having a healthy baby.

The baby will get more oxygen and grow better.

Quitting:

- Increases the chance of having a healthy baby that is a normal weight.
- Decreases the risk of health problems in the last 3 months of pregnancy.
- Decreases the chance of having a premature baby.
- Decreases the risk of miscarriage.
- Decreases the chance of Sudden Infant Death Syndrome (SIDS).



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Women's Tobacco Prevention Network 

Sources: www.lungusa.org • March of Dimes

Patient Education • Cont/Prep • HEC approval 1/04