



Pregnancy: Tobacco and Vapour Products

If you are pregnant or planning a pregnancy, health care providers recommend that you stop, or reduce, using tobacco and vapour products to support a healthy pregnancy. Babies can develop serious health risks from exposure to chemicals found in both these products.

Benefits of quitting

- Lowered risks of birth defects, preterm delivery, as well as low birth weight.
- Reduced risks of stillbirth and miscarriage.
- Drastically reduces your child's risk of Sudden Infant Death Syndrome (SIDS) and other health related illnesses (i.e. asthma, chronic coughing, wheezing, ear infections, behavioral and learning disorders).

If smoking/vaping are part of your life consider ways to reduce your risks.

What about vaping?

Currently, there are not enough studies to determine the health impacts of second and third-hand vapour. However, non-users can still be exposed to harmful chemicals found in vapour/aerosols.

Tips to reducing risk

- To protect the health of your family keep your home and vehicle smoke and vapour-free. Breathing in second-hand smoke/and or vapour puts infants, children, and pregnant women at higher risk for harmful health effects.
- Smoke or vape outdoors, away from open windows, air intakes, and doorways.
 - o Wear a “smoking shirt” and remove it before coming back inside. Hang it outside.
 - o Wash your hands with soap and water after smoking or vaping.
- Smokeless tobacco products like snuff and chew are not a source of second-hand smoke, however they still pose health risks during pregnancy.
- Remember: Smoke and vapour are harmful to your health. Therefore, reducing your exposure as much as possible is encouraged.

Resources:

If you want to quit or decrease your tobacco and vapour use, talk to your primary care provider (such as a doctor or nurse practitioner). You can also access the following cessation resources below:

- [QuitNow](#) offers free information, support, and counseling by trained professionals by phone, text, or email.
- [BC Smoking Cessation Program](#) everyone in BC can access 12 weeks of free nicotine replacement therapy (gum, patch, inhaler and lozenges) per calendar year through their local pharmacy. Women who are pregnant or lactating are advised to consult with their doctor or pharmacist.
- [First Nations Health Authority Benefits](#) program offers supplementary coverage for nicotine replacement therapy.

If you're finding it tough to stop using tobacco or vapour, don't despair. Every quit attempt is a step in the right direction.

In this resource, as in most public health messages, “tobacco use” refers to the use of commercial tobacco products like cigarettes and chewing tobacco as opposed to traditional uses of tobacco.



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