

Change Lives Save Lives

Your passport to a smoke free journey

Name: RXK: EDD:	Quit date set: NRT: Quit date achieved:
Date Aspirin commenced:	

Smoking in pregnancy is known to increase the rates of:

- Miscarriage
- Stillbirth
- Preterm birth
- Low birth weight
- Reduced Movements of your baby
- You will also have an increase risk of Sudden Infant Death (cot death)



Quitting smoking in pregnancy will help you and your baby straightaway. The harmful gasses such as Carbon Monoxide will clear from your body.

If you stop smoking now this will also help your baby later in life.

If you continue to smoke your children have an increased risk of suffering from asthma

What we will do for you

- Assess whether you need Aspirin
- Categorise your pregnancy as high risk
- Refer you for smoking cessation support. People who get help from Stop Smoking Advisors are **four times** more likely to quit smoking successfully

What we would like you to do

- Attend all your appointments
- Take aspirin following discussion with the midwife/Doctor
- Engage with smoking cessation services
- Be honest with yourself and us
- Be honest with your midwife/ Doctor

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Your Carbon Monoxide (Co) Readings

20+ ppm						
16-20 ppm						
12-16 ppm						
8-12 ppm						
4-8 ppm						
0-4 ppm						

Date						
Smoking						
NRT						

	DATE / COMMENT
You	
Us	

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Telephone numbers:

Smoking number will go here

TRIAGE 24/7

Free SMOKE FREE NATIONAL HELPLINE 03001231044

Reducing smoking in pregnancy and offering support from smoking cessation advisors is reflected in **Element 1** of the **NHS Saving Babies Lives** care bundle.

A care bundle to reduce the Still birth rate and preterm rate in the UK

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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ML6577

Issue Date: January 2022
Review Date: January 2025