

# The Impact of Smoking and Vaping During Pregnancy on Your Baby



## Highlights

Smoking or vaping in pregnancy can harm both you and your baby.

Smoking or vaping in pregnancy is one of the main causes of stillbirth.

While you are pregnant, you should also avoid being around others when they smoke or vape.

Many people need to try a few times to completely quit smoking, but the results are worth the effort.

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## Smoking and Vaping During Pregnancy

Have difficulty conceiving.  
Be at risk of early onset of menopause.  
Be at risk of many cancers, including ovarian cancer and cervical cancer.  
Have a lower supply of breast milk.

Have trouble getting and maintaining an erection.  
Have lower sperm count.  
Damage to the DNA in sperm, which may cause health problems in your baby.

## **Impact of Smoking and Vaping on Your Baby During Pregnancy**

Acetone \ (found in nail polish)\  
Glycol \ (used in fog machines)\  
Formaldehyde \ (used in glues, and for preserving bodies)\

Miscarriage  
Stillbirth  
Ectopic pregnancy  
Premature birth  
Low birth weight  
Birth differences, such as cleft lip and palate  
Damage to your baby's heart and lungs

Lung conditions including inflamed airways and infections  
Middle ear infections and hearing impairment  
Dying from sudden infant death syndrome \ (SIDS)\

Allergies  
Childhood cancers  
Developmental issues  
Obesity  
Dental problems

## **Breastfeeding and Smoking or Vaping**

## **Risks of Passive Smoking and Vaping**

## **Quitting Smoking or Vaping**

Going cold turkey - simply stopping smoking works for many people.  
Gradually cutting down how much you smoke until you stop completely.

Talk to your doctor.

Avoid situations that might make you want to smoke or vape.

Speak with your family and friends so they can support you.

## **Medicines and Products to Help You Quit**

### **Nicotine Replacement Therapies**

Steady response products, such as nicotine patches

Quick response products, such as chewing gum, lozenges, tablets, and inhalers

Lozenges

Mouth spray

Gum

Inhalers

### **Prescription Medicines**

Varenicline

Bupropion

## **Are Vapes or Other Cigarettes Safer?**

### **Tools and Assistance**

Mobile apps - tools designed to support your quitting journey.

Support groups or counseling - to help you quit smoking or vaping.

Quitlines - telephone-based support services for quitting.

Online programs and websites with tips and guides.