# TOBACCO and Pregnancy

Smoking during pregnancy is dangerous for you and your fetus. If you use cigarettes or e-cigarettes, now is the time to quit.

## **RISKS FOR YOUR FETUS**



- Delayed growth
- Higher chance of being born too early
- Permanent brain and lung damage
- Higher risk of stillbirth

### **RISKS FOR YOUR NEWBORN**



- Smaller size at birth
- Colic with uncontrollable crying
- Sudden infant death syndrome (SIDS)
- Development of obesity and asthma during childhood

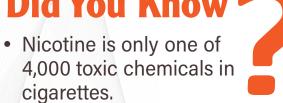
### **RISKS FOR YOU**



- Ectopic pregnancy (a pregnancy outside of the uterus)
- Problems with the placenta
- Problems with your thyroid
- Water breaking too early



# **Did You Know**



- Using e-cigarettes (vaping) is not a safe substitute for smoking cigarettes.
- Other smokeless tobacco products, like snuff and gel strips, also are not safe.
- Secondhand smoke can cause growth problems for your fetus and increase your baby's risk of SIDS.

If you need help quitting, talk with your obstetrician—gynecologist (ob-gyn) or other health care professional. Or call the national smoker's quit line at 1-800-QUIT-NOW.



The American College of Obstetricians and Gynecologists believes that pregnant women who use tobacco should receive counseling to help them quit. Your ob-gyn or other health care professional can offer advice about quitting at your first prenatal visit or at any time throughout your pregnancy.



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