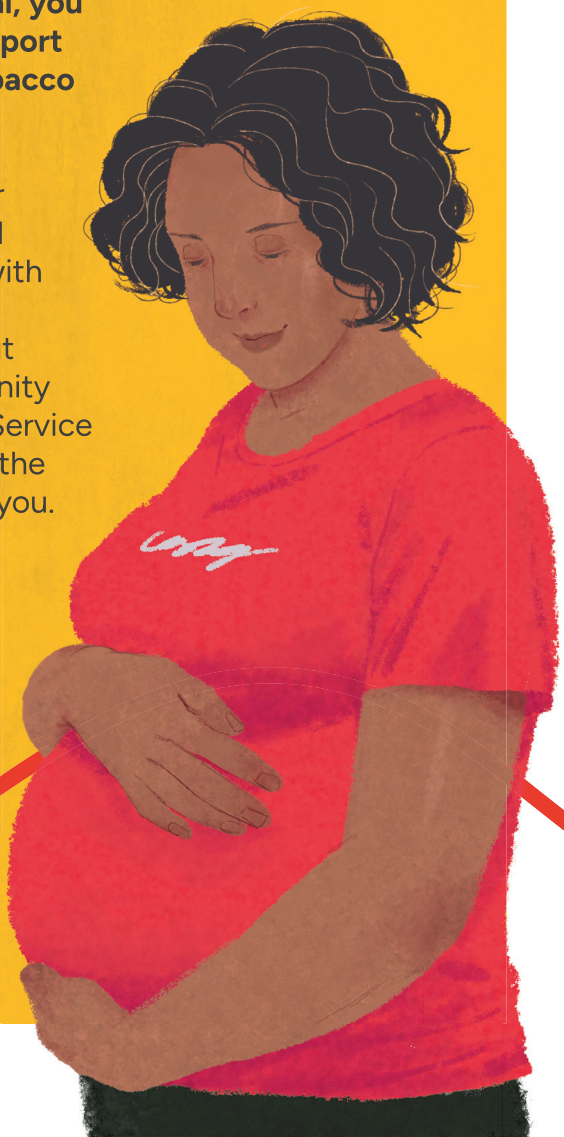

smokefree
Derby & Derbyshire
Why stopping smoking matters for your pregnancy

What you need to know

If you are pregnant, currently smoke and are receiving care through Chesterfield Royal Hospital or Royal Derby Hospital, you will be referred for support from the maternity tobacco dependency team.

If you're a Derbyshire or Derby City resident and you receive your care with a different Trust. Speak with your midwife about a referral to their Maternity Tobacco Dependency Service to find out more about the support they can offer you.



When you are pregnant you may be thinking more about your health and the health of your baby.

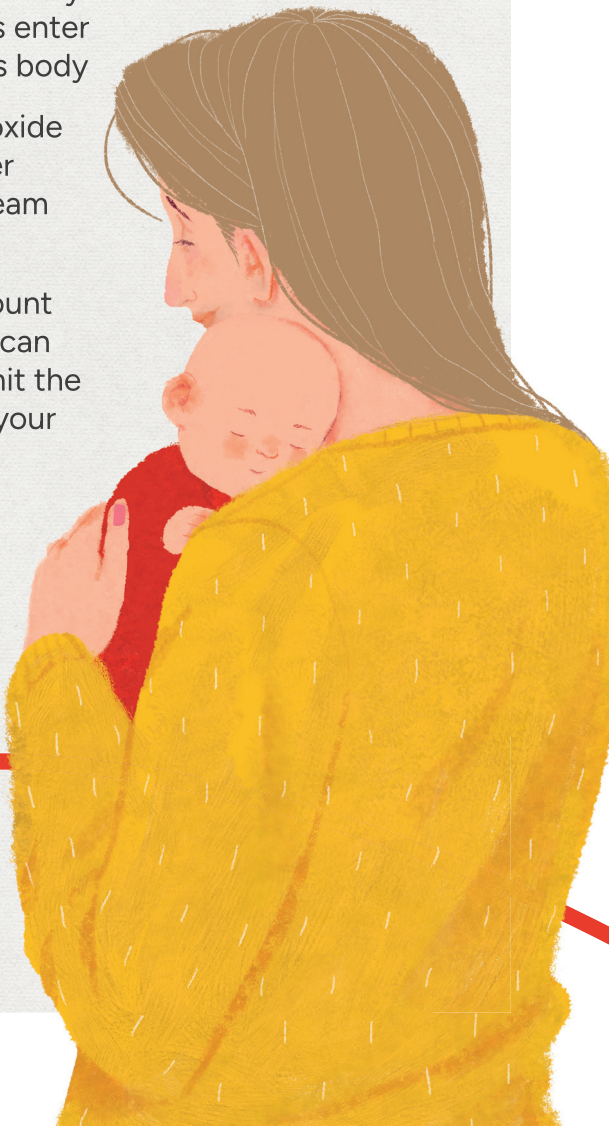
Stopping smoking is the best thing you can do to give your baby the best start in life. Smoking even one or two cigarettes can cause harm to both you and your baby.

By not smoking during pregnancy, you could experience:

- An easier birth
- Better overall health
- Higher energy levels during and after pregnancy
- A baby arriving at a healthier weight
- More money in your pocket to spend on your baby

The impact of smoking on your baby

- Cigarettes contain over 4,000 harmful chemicals. When you smoke, the chemicals enter yours and your baby's body
- The tar, carbon monoxide and other toxins enter your baby's bloodstream through the placenta
- This reduces the amount of oxygen your baby can access. It can also limit the blood flow between your body and their body
- This can make your baby's heart beat faster and harm their development



The risks of smoking during pregnancy.

Smoking can increase the risk of:

- Stillbirth
- Your baby being born too soon
- Your baby being born with a low birth weight
- Miscarriage
- SIDS - Sudden Infant Death Syndrome (cot death)
- Issues such as asthma

It's never too early or too late in your pregnancy to stop smoking.

And if you smoke, you are not alone on your journey to stopping. There is free, local support available to you.

What should you expect?

- Non-judgemental support from a stop smoking advisor
- Support over the phone or in person
- Free quit tools
- Carbon Monoxide testing
- Stress management
- Support during your pregnancy and beyond

Contact details

For more information or to self-refer, visit smokefreederbyandderbyshire.org.uk/PregnancySupport

For residents of Derby:

Livewell
Email: livewell@derby.gov.uk
Phone: 01332 641254

For residents of Derbyshire:

Live Life Better Derbyshire
Email: asch.llbd.info@derbyshire.gov.uk
Phone: 0800 085 2299
or 01629 538 200

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