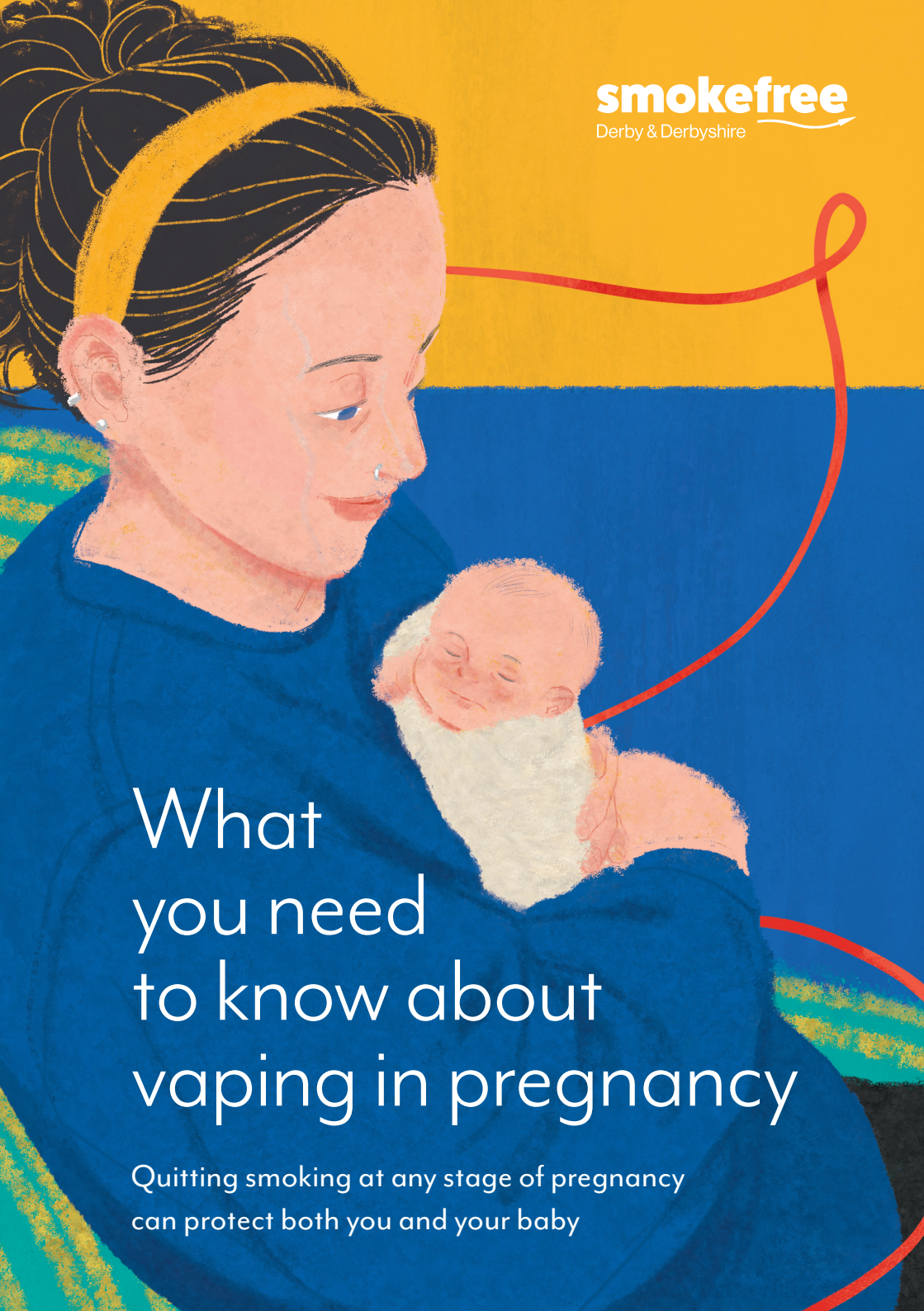

smokefree
Derby & Derbyshire
What you need to know about vaping in pregnancy
Quitting smoking at any stage of pregnancy can protect both you and your baby

There are different tools you can use to stop smoking when you are pregnant.

We recommend using free Nicotine Replacement Therapy (NRT) such as lozenges, patches or gum provided by our service. We can support you to quit smoking if you choose to use your own vape.

1. Vapes are an effective quit tool

- Vapes are also an effective quit tool for adults
- Vape liquids come in different strengths to help you cut down
- Depending on how much you smoke, a vape can also help you save money

2. Vapes are not entirely risk-free

- Vapes should be used by adults over the age of 18 (not children or non-smokers)
- Vaping is significantly less harmful than continuing to smoke tobacco
- You should avoid vaping in enclosed spaces near others, mainly children and babies
- Use a vape outdoors where possible

3. Vaping in pregnancy is less harmful to you and your baby than smoking cigarettes

- The tar and carbon monoxide in cigarettes can harm your growing baby
- Vapes don't contain tar or carbon monoxide
- Vapes do contain nicotine

4. Avoid cheap or illegal vapes

- Illegal vapes can be really harmful to you and your baby, as they can contain chemicals not found in regular vapes
- Many shops sell illegal vapes for a lower price
- Buy a vape from a well-known shop

For more information and advice about vaping or where to buy a vape, talk to a Pregnancy Tobacco Dependency Advisor.