

If You Use Tobacco And Are Pregnant

*Or Thinking about Pregnancy,
Use this Self-Help Guide*





Making a plan to quit tobacco and avoid secondhand smoke/vape is one of the best things you can do for your own health and the health of your baby.

Most Tobacco Users Want to Quit!

If you are one of them, this workbook is for you. You have good reasons for quitting tobacco, but you may also have some concerns. This booklet has many useful tips for you!

You already know that using tobacco harms you and people around you. If you are pregnant, this includes your future baby. Quitting tobacco is the best gift you can give to yourself and those you care about.

Let's get started. It's never too late to quit.

FREE Help Quitting
Call QuitlineNC

1-800-QUIT-NOW
(1-800-784-8669)

Benefits of Being Tobacco-Free

Quitting tobacco is one of the most important things you can do to protect your health and your baby's health. It is best to quit before you are pregnant. If you are pregnant and using tobacco, quitting as early as possible in pregnancy is best. But it is never too late to quit! Quitting tobacco at any point during pregnancy is good for you and your baby!



Lowers risk of miscarriage and stillbirth



Lowers risk of being born too early (before 37 weeks)



Lowers risk of being born too small (5½ pounds or less)



Lowers risk of Sudden Infant Death Syndrome



Reduces your risk of health problems in the third trimester

See page 11 for the benefits of staying tobacco-free after your baby is born.



Being tobacco-free lowers the risk of health problems for you and your baby.



The health benefits of quitting tobacco begin immediately for you and your baby and continue for your lifetime.

Facts about Quitting Tobacco

- ✓ Nicotine, an addictive drug, will be out of your body in 3-5 days after you stop using tobacco.
- ✓ You will start to breathe easier in 2-3 weeks.
- ✓ Some people have withdrawal symptoms, but others do not. Everyone is different. Learn more about nicotine withdrawal on page 6.
- ✓ Cravings for tobacco last only 3-5 minutes. After 7-10 days, cravings will happen less and less often.
- ✓ Quitting tobacco is easier if you can stay away from people who are using tobacco.

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Try Again, Even If You Tried to Quit Before

Most people try to quit tobacco many times before becoming tobacco-free.

Each time you try to quit tobacco, your chances of quitting forever get better!

Don't give up if you use tobacco again. Learn from each time you tried to quit. Ask yourself: what helped? what didn't work?

Remember, it is hard to change your everyday behaviors and to overcome addiction to nicotine. Each time you try to quit, use what you have learned in the past to make a new quit plan.

With a quitting plan, you are more likely to be successful.
You can do it! Keep trying!

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Remind yourself you are
quitting tobacco for yourself,
your family, and the health
of your baby.



Tobacco users may or may not have withdrawal symptoms. Remember they are signs that your body is healing.

Possible Withdrawal Symptoms

Cough When you quit smoking or vaping, your lungs begin to heal and start to clean out mucus – this causes a temporary cough. Remember that this cough is a sign that your lungs are healing!

Strong Urge to Use Tobacco Your body is used to having nicotine, which is highly addictive. You need time to change your behaviors and learn to handle situations that make you want to use tobacco. Remember, cravings for nicotine will occur less often the longer you are tobacco-free!

Nervousness and Tension Withdrawal from nicotine can cause you to feel nervous and tense. This will get better 1-2 weeks after quitting. Cut down on caffeine and drink more water in the first

few days to help flush the nicotine from your body.

Lack of Concentration or Dizziness

After you quit, your brain gets more oxygen instead of poisonous carbon monoxide gas. Your brain also releases less adrenaline. These are both healthier for you!

Slight Sore Throat Tobacco both irritates and numbs your throat. You may have a slight sore throat as the numbness wears off and your throat heals.

Worried About Weight?

Some people gain weight because they quit tobacco when their appetite returns, and their senses of taste and smell improve. Try eating healthy foods, being active and drinking plenty of water. Quitting tobacco is the best thing you can do for your health and can lead to healthier behaviors in other ways, too!

Your Plan to Be Tobacco-Free

6 Steps to Quit

Step 1: Thinking about the Pros and Cons of Tobacco

What is good about using tobacco? What do you enjoy about it?

What is not so good about using tobacco?

What makes it hard for you to quit? What worries you about quitting?

What would be good about being tobacco-free?

Why do you want to quit now?



Most successful ex-tobacco users made plans to help them quit. Having a plan prepares you to deal with the changes and stressful times when you quit.



It is important to create new tobacco-free behaviors to help you quit.

Step 2: List when, where and why you use tobacco?

(i.e., after a meal, talking on the phone, feeling stressed, etc.) Consider keeping a log of each time you use tobacco – write down where you are, what the situation is and how you are feeling.

Step 3: Change your habits.

If you use tobacco when you:

Try doing this:

When you first wake up

→ Brush your teeth right away, or drink water or orange juice

Finish a meal

→ Get right up, take a walk, or go to another room

Watch TV

→ Do something else with your hands like draw, doodle, play cards, or string beads

Are nervous

→ Talk with someone, take a walk, exercise, or chew gum

Instead of using tobacco when I:

I can try doing:

→

Step 4: Use tobacco substitutes

For your mouth

Fresh fruits

Chewing gum

Straw or toothpick

Raw vegetables

Nuts with shells

Hard candy or mints

For your hands

Knit, sew, or string beads

Play a game or text

Hold a small toy or fidget

Draw or doodle

Squeeze a stress ball

Do a crossword puzzle

List 3 tobacco substitutes you would like to try:

1. _____
2. _____
3. _____

Step 5: Think about secondhand smoke and vape.

List 3 ways to avoid secondhand smoke and vape:

1. _____
2. _____
3. _____



When you have the urge to use tobacco:

- Delay
- Deep breathe
- Drink water
- Do something else



Understanding your feelings
about tobacco can help you quit.

Step 6: Think about your life without tobacco.

What would be good about living tobacco-free?

How will life be different in 6 months without tobacco?

Set a Quit Date!



I am ready!
My quit date is:

/

/

MONTH

DAY

YEAR

After Your Baby Is Born

It is tempting to start using tobacco again after your baby is born.
But staying tobacco-free is very important – for you and your baby.
When you are tobacco-free, your baby will have:



Fewer coughs
and colds.



Fewer ear infections and
may have less ear pain.



Better lung
development.



Less risk of asthma
from secondhand
tobacco.



A better start for
healthier brain
development.



Less risk of dying from
Sudden Infant Death
Syndrome (SIDS).

When you are tobacco-free, you set a good example for your children.
They will be less likely to start using tobacco as teenagers.



When you are tobacco-free,
you help you baby breathe better
and grow better.



Ask others not to use tobacco around you and your family or in spaces where you or your children will be.

Secondhand Tobacco Facts

- ✓ Secondhand tobacco is the smoke/vape a tobacco-user breathes out or that comes out from the end of their cigarette, pipe, cigar, or e-cigarette.
- ✓ Secondhand tobacco affects the health of others, including a developing fetus even when their mothers do not smoke/vape.
- ✓ Secondhand tobacco increases your baby's risk of Sudden Infant Death Syndrome (SIDS).
- ✓ There is no safe level of exposure to secondhand tobacco.

Thirdhand Smoke Facts

- ✓ Thirdhand tobacco is the gases and small particles from smoke and vape that land on surfaces.
- ✓ The small particles and nicotine stick to floors, walls, clothing, carpets and furniture, skin, and many other surfaces.
- ✓ When the chemicals in smoke and vape land on surfaces, they can react with other chemicals to create new and dangerous substances.
- ✓ Thirdhand tobacco is especially dangerous for babies and young children because they may get these particles on their hands and then put them in their mouths. They can also absorb thirdhand smoke through their skin and by breathing it.

If You Start To Use Tobacco Again

- ✓ Don't feel bad! You can try to quit again.
- ✓ Think about what caused you to use tobacco again.
- ✓ Plan for how you will deal with this and other hard situations.
- ✓ Ask for support from people who want to help you be tobacco-free.
Reach out to them when you need to.

You can also call the QuitlineNC and talk to an expert quit coach.

Call: 1-800-QUIT-NOW or 1-800-784-8669

- ✓ 24 hours a day, 7 days a week
- ✓ English, Spanish, and other languages
- ✓ Enroll online: www.quitlinenc.com or via text message
(Text "Ready" to 200-400)
- ✓ QuitlineNC can double your chances of quitting for good!
- ✓ Spanish: 1-855-335-3569
- ✓ TTY: 1-877-777-6534



Your chances of staying
tobacco-free increase every time
you try to quit!



Get support from family,
friends, your health care provider,
and quit counselors/coaches
to stay tobacco-free.

Resources



Your healthcare provider



Your county health department



For more information on being tobacco-free:



YouQuitTwoQuit.org



SmokeFree.gov



BecomeAnEx.org

Before Quitting Checklist

- ☐ Make your plan to be tobacco-free.
- ☐ Set a quit date.
- ☐ Call the QuitlineNC.
- ☐ Throw away all your tobacco products.
- ☐ Put tobacco substitutes where you kept your cigarettes.
- ☐ Review your reasons for quitting.
- ☐ List people who will support you and their phone numbers. Tell friends and family you are trying to quit and how they can help you.
- ☐ Quit on your quit date.

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Quitting tobacco might feel like you are losing something, but think of all that you will gain when you are tobacco-free!



Collaborative for Maternal and Infant Health
MomBaby.org



Content for this booklet was originally developed by the
North Carolina Healthy Start Foundation in collaboration with
Women And Tobacco Coalition for Health (WATCH)