

Smoking & Pregnancy

Smoking during pregnancy can put both mom and baby at risk. Making the choice to quit smoking or vaping before the baby is born provides protection and increases the chances of a healthier pregnancy and baby.



What are my risks if I smoke during pregnancy?

Smoking can cause complications during the pregnancy.

Some common complications include:

- Miscarriage
- Ectopic pregnancy (when a fertilized egg implants outside the uterus)
- Placental abruption (When the placenta separates too early from the uterus. This can cause bleeding for the mother or may lower/stop oxygen or food supply to the baby.)
- Placenta previa (When the placenta covers the uterus which can cause severe bleeding during delivery.)
- Preeclampsia (When the mother experiences high blood pressure & swollen feet and hands. This can lead to further complications such as placental abruption or premature birth.)
- Preterm birth (when the baby is born too early. This can lead to problems breathing, digestion issues, or bleeding in the brain. As the child gets older, he or she may experience developmental delays.)

Quitting while pregnant can provide your baby these benefits:

- Lower risk of preterm birth.
- Decreased risk of birth defects such as cleft lip/palate
- Higher chance of having a healthy birth weight and growing on track
- More likely to come home from the hospital with you. Babies who are too small or who need care for health problems may need to stay in the hospital until they are healthy enough to go home.
- Increased chance for healthy lung development.
- More likely to have normal brain development before birth and through early childhood.
- Less likely to die from sudden infant death syndrome (SIDS).

