



Maternity Tobacco Dependency Service

Information sheet

Our Maternity Tobacco Dependency Service supports people to quit smoking during pregnancy.

We have a specialist Tobacco Dependency Advisor who offers support on a 1 to 1 basis, to help you make a change to reduce smoking or successfully quit.

Statistically you are three times more likely to successfully quit smoking if you use Nicotine Replacement Therapy and have specialist support.

Support available within the community

- We offer weekly one-to-one appointments throughout your pregnancy, providing you with access to free Nicotine Replacement Therapy and advice.

Support available during a stay in hospital

- If you need to stay in hospital during your pregnancy, our specialist tobacco dependency and stop smoking treatment will be available during your stay.
- This will include Nicotine Replacement Therapy which will be given by the medical team or by the Maternity Tobacco Dependency Specialist (contact details in this leaflet).

Risks of smoking in pregnancy

Smoking during pregnancy is dangerous for both your baby and yourself.

Increased risks to you due to you smoking:

- Miscarriage (sudden loss of a pregnancy)
- Developing a blood clot (Venous thromboembolism)
- Needing an assisted vaginal birth (forceps or a suction cup are used to help deliver baby)
- Longer recovery from surgery such as a Caesarean birth



Increased risks to baby due to you smoking:

- Decrease in baby's growth during pregnancy
- Placental abruption (where the placenta separates from the womb before birth)
- Stillbirth (baby dies during pregnancy or birth)
- Sudden Infant Death Syndrome (SIDS) (baby dies unexpectedly as a newborn)
- Problems keeping baby warm after birth
- Premature birth (baby is born earlier than expected)
- Developing infections such as bronchitis and pneumonia

Carbon Monoxide (CO)

- CO is a poisonous gas found in cigarette smoke which enters the bloodstream of the baby in the womb.
- It affects the amount of oxygen the baby is getting and is often the main reason for all the risks listed above.

Benefits of Stopping Smoking

- CO leaves your bloodstream which protects the baby and prevents the risks mentioned above.
- Reduces the risk of your baby needing hospital treatment for respiratory problems such as bronchitis and pneumonia during their first year of life.
- Reduces the risk of your child developing asthma and other serious illnesses later on in life.

Maternity Tobacco Dependency Service Contact Details

Tobacco Dependency Specialist: Wendy Robinson

Mobile: 07425 418448

Email: whh-tr.maternitytds@nhs.net



Local services based on your borough (if you live, work or have a GP here)

Camden and Islington Breathe Stop Smoking Service

Website: <https://www.breathestopsmoking.org/>

Email: breathe.team@nhs.net

Tel: 020 3633 2609

Haringey Stop Smoking Service

Website: <https://oneyouharingey.org/smoke-free>

Tel: 020 8885 9095

Barnet Stop Smoking Service

Email: barccg.smokefreebarnet@nhs.net

Tel: 0300 123 1044

Stop Smoking London Service (for all London residents)

Free Helpline: 0300 123 1044

Website: <https://stopsmokinglondon.com/>

Service User Feedback Survey

Please fill in the survey here via the QR code so we can keep improving our services available to you in Maternity

RATE YOUR EXPERIENCE



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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