

Tobacco and Pregnancy



Smoking during pregnancy is dangerous for you and your fetus. If you use cigarettes or e-cigarettes, now is the time to quit.



RISKS FOR YOUR FETUS

- Delayed growth
- Higher chance of being born too early
- Permanent brain and lung damage
- Higher risk of stillbirth



RISKS FOR YOUR NEWBORN

- Smaller size at birth
- Colic with uncontrollable crying
- Sudden infant death syndrome (SIDS)
- Development of obesity and asthma during childhood



RISKS FOR YOU

- Ectopic pregnancy (a pregnancy outside of the uterus)
- Problems with the placenta
- Problems with your thyroid
- Water breaking too early



QUITTING SMOKING
will help you
have a healthy
pregnancy and a
healthy baby.

Did You Know?

- Nicotine is only one of 4,000 toxic chemicals in cigarettes.
- Using e-cigarettes (vaping) is not a safe substitute for smoking cigarettes.
- Other smokeless tobacco products, like snuff and gel strips, also are not safe.
- Secondhand smoke can cause growth problems for your fetus and increase your baby's risk of SIDS.

**If you need help quitting, talk with your obstetrician–gynecologist (ob-gyn).
Or call the national smoker’s quit line at 1-800-QUIT-NOW.**

The American College of Obstetricians and Gynecologists believes that pregnant people who use tobacco should receive counseling to help them quit. Your ob-gyn can offer advice about quitting at your first prenatal visit or at any time throughout your pregnancy.

PFSI014: This information is designed as an educational aid for the public. It offers current information and opinions related to women’s health. It is not intended as a statement of the standard of care. It does not explain all of the proper treatments or methods of care. It is not a substitute for the advice of a physician. For ACOG’s complete disclaimer, visit www.acog.org/WomensHealth-Disclaimer.

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