

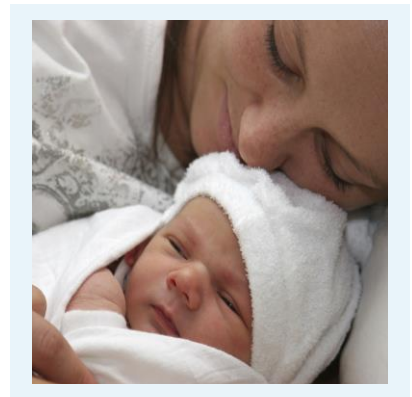
Tobacco Use in Pregnancy

Smoking

Smoking cigarettes whilst you are pregnant can cause harm to your baby. When you smoke the amount of oxygen going to your baby goes down. This means your baby might be born early or your baby might be small when it is born.

Long Term Effects

Your baby might be at risk of developing chest infections and asthma as it grows up.



Reducing and Support

During your pregnancy, you can cut down your smoking. You might want to stop completely.

One way of doing this is by using special gum or lozenges.

You might be worried about the impact smoking can have on your growing baby. Please ask for a referral to the Substance Use in Pregnancy and Parenting Service (SUPPS).

ISLHD Antenatal Clinic Wollongong	4253 4256
Shoalhaven Antenatal Clinic	4429 2929
ISLHD Substance use in Pregnancy and Parenting Service	1300 652 226
Quit line	137 848
Service/Department contact details	1300 652 226

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.