

E-cigarettes in pregnancy

Are e-cigarettes safe to use?

- E-cigarettes aren't risk free, but they are much less harmful than smoking
- If using an e-cigarette helps you stay smokefree, it is much safer for you and your baby than smoking

Can I still smoke *a bit* of tobacco?

- NO - Every cigarette harms you and your baby
- The only way to stop this is to stop smoking tobacco completely
- You can use your e-cigarette as often as you need to stay smokefree

Can I use an e-cigarette to help me quit smoking?

- The safest products to use are nicotine replacements such as patches and gum
- If you find an e-cigarette helpful, it is far safer than continuing to smoke

Is nicotine harmful for my baby?

- Nicotine alone is relatively harmless
- The main harm from smoking comes from the thousands of chemicals in tobacco smoke

Is it OK for others to use e-cigarettes around me?

- It is far safer than allowing smoking
- Secondhand tobacco smoke is very harmful to you and your baby
- There is no evidence of harm to others from e-cigarette vapour

Using an e-cigarette is far safer than smoking

- E-cigarettes allow you to inhale nicotine through a vapour rather than smoke
- E-cigarettes don't burn tobacco, and don't produce tar or carbon monoxide
- Vapour contains much lower levels of harmful chemicals than smoke

For more information on quitting smoking ask your midwife, GP or pharmacy team or search NHS Smokefree.

Always keep e-cigarettes and e-liquids out of the reach of children to avoid accidental poisoning. Always use the correct charger.