

## You and your baby's Carbon Monoxide level

	Your CO Level (PPM)	Your baby's CO %
This level is uncommon and shows a degree of CO poisoning. Above this level serious carbon monoxide poisoning and permanent damage may occur. The immune system can be adversely impaired. Premature death or serious diseases may occur as a result of smoking. Smoking of cannabis or shisha will increase the level of CO.	20+	5.66
<b>HEALTH RISK ZONE</b>	19	5.38
These readings indicate that red blood cells are carrying a lot less oxygen than the body needs.	18	5.09
	17	4.81
Your baby will go without the full amount of oxygen it needs for health and growth for approximately 20 minutes EVERY TIME you smoke just one cigarette.	16	4.53
	15	4.25
	14	3.96
Oxygen deprivation will increase baby's heart rate by 15-20% for half an hour when a cigarette is smoked, putting baby's heart under unnecessary stress.	13	3.68
	12	3.40
Possible health complications include :	11	3.11
	10	2.83
<ul style="list-style-type: none"> <li>Miscarriage</li> <li>Low birth weight</li> <li>Underdeveloped baby</li> <li>Bleeding in pregnancy</li> <li>PPROM (Pre-term premature rupture of the membranes)</li> <li>Premature birth (24-37 weeks)</li> <li>Still birth</li> </ul>	09	2.55
	08	2.26
<ul style="list-style-type: none"> <li>SIDS (Sudden Infant Death Syndrome)</li> <li>Cleft lip and palate, club foot, gastroschisis, anal atresia</li> <li>ADHD (Attention Deficit Hyperactivity Disorder)</li> <li>Childhood obesity</li> <li>Asthma, wheezing, glue ear</li> </ul>	07	1.98
	06	1.70
This is the carbon monoxide exposure for a non-smoker or a smoker who has not smoked in the last 24 hours. At this level you are giving your baby the best start in life. You have more chance of achieving a normal and natural delivery with less risk of complications before, during and after birth.	05	1.42
	04	1.13
	03	0.85
	02	0.57
	01	0.28





# Carbon Monoxide How it affects your baby

We're here to help you reduce the risks to you and your baby

Get more information, advice and support to help you quit smoking from Warwickshire Stop Smoking in Pregnancy Service.

George Eliot Hospital   
NHS Trust

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07917 227 004



**SMOKEFREE**  
Warwickshire Stop Smoking Service



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# What is Carbon Monoxide (CO)?

Carbon Monoxide is a toxic gas, which you cannot see, taste or smell. It is released from tobacco smoke, exhaust fumes and faulty gas appliances.

## What does Carbon Monoxide do?

Although you can't see it or even feel it straight away, CO is extremely harmful – both for you and your baby.

- It deprives your muscles, brain and body tissues of oxygen.
- It damages your placenta.
- It restricts the oxygen supply to your baby.
- It can lead to poor growth, premature birth and still birth.

## Why should you quit smoking?

The earlier you stop smoking the better. But it's never too late to quit!

- Your baby will feel the benefits straight away.
- You will be free from Carbon Monoxide in less than 24 hours.
- You will reduce the risk of your baby being born underweight and under-developed.

### Plus...

- More money to spend on you and your baby.
- More time to spend with your family.
- Reduced stress and anxiety levels.
- Better health in the future.

## Why test for Carbon Monoxide?

Doing a simple breath test is a quick and efficient way of letting you know if you and your baby are at risk. As part of your antenatal care you will have a CO test provided by your midwife. This will give you a number which measures the amount of CO in parts per million (PPM) and the percentage of CO your baby is exposed to.

### Fact:

You are up to **4** times more likely to quit smoking successfully with the NHS Stop Smoking in Pregnancy Service by your side, than if you go it alone.

**QUIT 4 BABY**

How your body passes poisonous Carbon Monoxide (CO) to your baby when you smoke.

