

STOPPING SMOKING DURING PREGNANCY

WHAT TREATMENTS CAN HELP ME STOP SMOKING DURING PREGNANCY?

Your doctor or nurse can give you advice on the best way to quit. He or she can also put you in touch with counselors or other people you can call for support. The letter in the word "START" can help you remember the steps to take:

S = Set a quit date

T = Tell family, friends, and the people around you that you plan to quit.

A = Anticipate or plan ahead for the tough times you'll face while quitting

R = Remove cigarettes or other tobacco products from your home, car and work

T = Talk to your doctor about getting help to quit

The earlier you can quit smoking in your pregnancy, the better. But stopping at any point can still help. It's also very important not to start smoking again after your baby is born. Babies who are around smoke from cigarettes (called "second-hand smoke") have a higher-than-normal risk of health problems, such as colds and ear infections. Quitting for good also lowers your chances of heart disease and cancer. And it sets a good example for your child not to smoke.

Can I take medications to help me quit smoking while I am pregnant?

Yes. If you have tried other ways to quit smoking but still can't stop, you can try medicines. Ask your doctor which would be safest for you and your baby. Medicines to help you quit include:

- Nicotine replacement therapy – This includes skin patches, lozenges, and gum that have nicotine. Prescription forms include nasal sprays and "puffers" (also called "inhalers")
- Bupropion – This prescription medicine reduces your desire to smoke. This medicine is sold under the brand names Zyban and Wellbutrin. It is also available in a generic version, which is cheaper than the brand name ones.

Reference: www.uptodate.com 2015