If You Use Tobacco And Are Pregnant

Or Thinking about Pregnancy, Use this Self-Help Guide





Making a plan to quit tobacco and avoid secondhand smoke/vape is one of the best things you can do for your own health and the health of your baby.

Most Tobacco Users Want to Quit!

If you are one of them, this workbook is for you. You have good reasons for quitting tobacco, but you may also have some concerns. This booklet has many useful tips for you!

You already know that using tobacco harms you and people around you. If you are pregnant, this includes your future baby. Quitting tobacco is the best gift you can give to yourself and those you care about.

Let's get started. It's never too late to quit.

FREE Help to Quit: Call Missouri Tobacco Quit Services 1-800-QUIT-NOW (1-800-784-8669) www.YouCanQuit.org

Benefits of Being Tobacco-Free

Quitting tobacco is one of the most important things you can do to protect your health and your baby's health. It is best to quit before you are pregnant. If you are pregnant and using tobacco, quitting as early as possible in pregnancy is best. But it is never too late to quit! Quitting tobacco at any point during pregnancy is good for you and your baby!



Lowers risk of miscarriage and stillbirth



Lowers risk of being born too early (before 37 weeks)



Lowers risk of being born too small (5½ pounds or less)



Lowers risk of Sudden Infant Death Syndrome



Reduces your risk of health problems in the third trimester

See page 11 for the benefits of staying tobacco-free after your baby is born.



Being tobacco-free lowers the risk of health problems for you and your baby.



The health benefits of quitting tobacco begin immediately for you and your baby and continue for your lifetime.

Facts about Quitting Tobacco

- Nicotine, an addictive drug, will be out of your body in 3-5 days after you stop using tobacco.
- You will start to breathe easier in 2-3 weeks.
- Some people have withdrawal symptoms, but others do not. Everyone is different. Learn more about nicotine withdrawal on page 6.
- Cravings for tobacco last only 3-5 minutes. After 7-10 days, cravings will happen less and less often.
- Quitting tobacco is easier if you can stay away from people who are using tobacco.

FREE Help to Quit: Call Missouri Tobacco Quit Services 1-800-QUIT-NOW (1-800-784-8669) www.YouCanQuit.org

Try Again, Even If You Tried to Quit Before

Most people try to quit tobacco many times before becoming tobacco-free.

Each time you try to quit tobacco, your chances of quitting forever get better!

Don't give up if you use tobacco again. Learn from each time you tried to quit. Ask yourself: what helped? what didn't work?

Remember, it is hard to change your everyday behaviors and to overcome addiction to nicotine. Each time you try to quit, use what you have learned in the past to make a new quit plan.

With a quitting plan, you are more likely to be successful. You can do it! Keep trying!

FREE Help to Quit: Call Missouri Tobacco Quit Services 1-800-QUIT-NOW (1-800-784-8669) www.YouCanQuit.org



Remind yourself you are quitting tobacco for yourself, your family, and the health of your baby.



Tobacco users may or may not have withdrawal symptoms. Remember they are signs that your body is healing.

Possible Withdrawal Symptoms

Cough When you quit smoking or vaping, your lungs begin to heal and start to clean out mucus – this causes a temporary cough. Remember that this cough is a sign that your lungs are healing!

Strong Urge to Use Tobacco Your body is used to having nicotine, which is highly addictive. You need time to change your behaviors and learn to handle situations that make you want to use tobacco. Remember, cravings for nicotine will occur less often the longer you are tobacco-free!

Nervousness and Tension Withdrawal from nicotine can cause you to feel nervous and tense. This will get better 1-2 weeks after quitting. Cut down on caffeine and drink more water in the first

few days to help flush the nicotine from your body.

Lack of Concentration or Dizziness

After you quit, your brain gets more oxygen instead of poisonous carbon monoxide gas. Your brain also releases less adrenaline. These are both healthier for you!

Slight Sore Throat Tobacco both irritates and numbs your throat. You may have a slight sore throat as the numbness wears off and your throat heals.

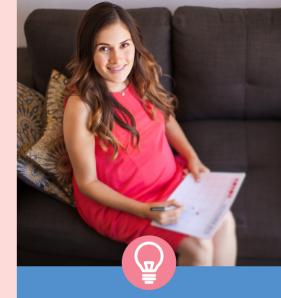
Worried About Weight?

Some people gain weight because they quit tobacco when their appetite returns, and their senses of taste and smell improve. Try eating healthy foods, being active and drinking plenty of water. Quitting tobacco is the best thing you can do you for your health and can lead to healthier behaviors in other ways, too!

Your Plan to Be Tobacco-Free 6 Steps to Quit

Step 1: Thinking about the Pros and Cons of Tobacco

What is good about using tobacco? What do you enjoy about it?
What is not so good about using tobacco?
What makes it hard for you to quit? What worries you about quitting?
What would be good about being tobacco-free?
Why do you want to quit now?



Most successful
ex-tobacco users made plans
to help them quit. Having a plan
prepares you to deal with
the changes and stressful times
when you quit.



It is important to create new tobacco-free behaviors to help you quit.

Step 2: List when, where and why you use tobacco?

(i.e., after a meal, talking on the phone, feeling stressed, etc.) Consider keeping a log of each time you use tobacco – write down where you are, what the situation is and how you are feeling.

Step 3: Change your habits.

If you use tobacco when you:		Try doing this:
When you first wake up	\rightarrow	Brush your teeth right away, or drink water or orange juice
Finish a meal	\rightarrow	Get right up, take a walk, or go to another room
Watch TV	\rightarrow	Do something else with your hands like draw, doodle, play cards, or string beads
Are nervous	\rightarrow	Talk with someone, take a walk, exercise, or chew gum
Instead of using tobacco when I:		I can try doing:
	_	

Step 4: Use tobacco substitutes

For your mouth	For your hands
Fresh fruits	Knit, sew, or string beads
Chewing gum	Play a game or text
Straw or toothpick	Hold a small toy or fidget
Raw vegetables	Draw or doodle
Nuts with shells	Squeeze a stress ball
Hard candy or mints	Do a crossword puzzle

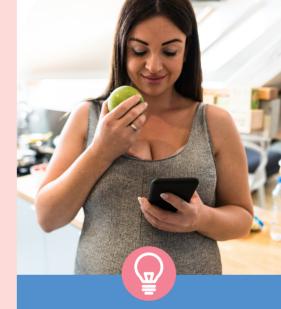
List 3 tobacco substitutes you would like to try:

1.	
2.	

Step 5: Think about secondhand smoke and vape.

List 3 ways to avoid secondhand smoke and vape:

1.	
2.	
3.	



When you have the urge to use tobacco:

- Delay
- Deep breathe
- Drink water
- Do something else



Step 6: Think about your life without tobacco.

What would be good about living tobacco-free?

How will life be different in 6 months without tobacco?

Understanding your feelings about tobacco can help you quit.

Set a Quit Date!



I am ready! My quit date is:



After Your Baby Is Born

It is tempting to start using tobacco again after your baby is born. But staying tobacco-free is very important – for you and your baby. When you are tobacco-free, your baby will have:



Fewer coughs and colds.



Fewer ear infections and may have less ear pain.



Better lung development.



Less risk of asthma from secondhand tobacco.



A better start for healthier brain development.



Less risk of dying from Sudden Infant Death Syndrome (SIDS).

When you are tobacco-free, you set a good example for your children. They will be less likely to start using tobacco as teenagers.



When you are tobacco-free, you help you baby breathe better and grow better.



Ask others not to use tobacco around you and your family or in spaces where you or your children will be.

Secondhand Tobacco Facts

- Secondhand tobacco is the smoke/vape a tobacco-user breathes out or that comes out from the end of their cigarette, pipe, cigar, or e-cigarette.
- Secondhand tobacco affects the health of others, including a developing fetus even when their mothers do not smoke/vape.
- Secondhand tobacco increases your baby's risk of Sudden Infant Death Syndrome (SIDS).
- There is no safe level of exposure to secondhand tobacco.

Thirdhand Smoke Facts

- Thirdhand tobacco is the gases and small particles from smoke and vape that land on surfaces.
- The small particles and nicotine stick to floors, walls, clothing, carpets and furniture, skin, and many other surfaces.
- When the chemicals in smoke and vape land on surfaces, they can react with other chemicals to create new and dangerous substances.
- Thirdhand tobacco is especially dangerous for babies and young children because they may get these particles on their hands and then put them in their mouths. They can also absorb thirdhand smoke through their skin and by breathing it.

If You Start To Use Tobacco Again

- ✓ Don't feel bad! You can try to quit again.
- Think about what caused you to use tobacco again.
- ✓ Plan for how you will deal with this and other hard situations.
- Ask for support from people who want to help you be tobacco-free. Reach out to them when you need to.

You can also call Missouri Tobacco Quit Services and talk to an expert quit coach by phone, web chat or text. **Call: 1-800-QUIT-NOW or 1-800-784-8669**

- 24 hours a day, 7 days a week
- English, Spanish, and other languages
- Enroll online: www.YouCanQuit.org
- For youth and adults
- **✓** Spanish: 1-855-335-3569
- TTY: 1-877-777-6534





Your chances of staying tobacco-free increase every time you try to quit!



Get support from family, friends, your health care provider, and quit counselors/coaches to stay tobacco-free.

Resources



Your healthcare provider



Your county health department

For more information on being tobacco-free:

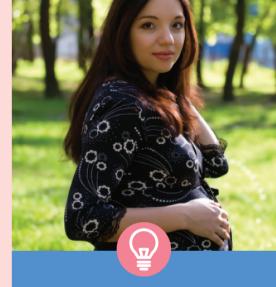


- ✓ YouCanQuit.org
- ✓ SmokeFree.gov
 - cdc.gov/reproductivehealth/tobaccousepregnancy

Before Quitting Checklist

- ☐ Make your plan to be tobacco-free.
- ☐ Set a quit date.
- ☐ Call Missouri Tobacco Quit Services.
- ☐ Throw away all your tobacco products.
- Put tobacco substitutes where you kept your cigarettes.
- Review your reasons for quitting.
- List people who will support you and their phone numbers. Tell friends and family you are trying to quit and how they can help you.
- Quit on your quit date.

FREE Help to Quit: Call Missouri Tobacco Quit Services 1-800-QUIT-NOW (1-800-784-8669) www.YouCanQuit.org



Quitting tobacco might feel like your are losing something, but think of all that you will gain when you are tobacco-free!







Missouri Department of Health and Senior Services Tobacco Prevention and Control Program P.O. Box 570, Jefferson City, Missouri 65102-0570 Telephone: (573) 522-2820

Health.Mo.Gov

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis. Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-522-2820. Hearing- and speech-impaired citizens can dial 711.

This publication was supported by the National State Tobacco Control Program Cooperative Agreement awarded to the Missouri Department of Health and Senior Services by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Content for this booklet was originally developed by, and used with permission from the North Carolina Healthy Start Foundation in collaboration with Women And Tobacco Coalition for Health (WATCH) and the University of North Carolina Collaborative for Maternal and Infant Health.