

# Vaping during pregnancy

How safe are vapes?

Can I use a vape to help me quit smoking?

Is nicotine harmful for my baby?

Can I vape if I'm breastfeeding?

Is secondhand e-cigarette vapour harmful?

Can I keep smoking a little bit if I'm also vaping?



## How safe are vapes?

- Vapes (e-cigarettes) are significantly less harmful to health than tobacco cigarettes
- If using a vape (vaping) helps you stay smokefree, it is far safer for you and your baby than continuing to smoke
- Vapes should not be used by children or non-smokers

## Can I use a vape to help me quit smoking?

- Yes, vapes can help you to quit and are much less harmful than smoking
- Nicotine replacements such as patches and gum are licenced for use during pregnancy

## Can I keep smoking a little bit if I'm also vaping?

- NO - Every cigarette causes damage both to you and your baby
- Stopping smoking early in pregnancy significantly reduces the risk of damage to your baby
- You can vape as often as you need to stay smokefree

## Is secondhand e-cigarette vapour harmful?

- There is no evidence of harm to others from e-cigarette vapour, although you could consider not allowing vaping in your home and car as a precaution
- Secondhand tobacco smoke is very harmful to you and your baby

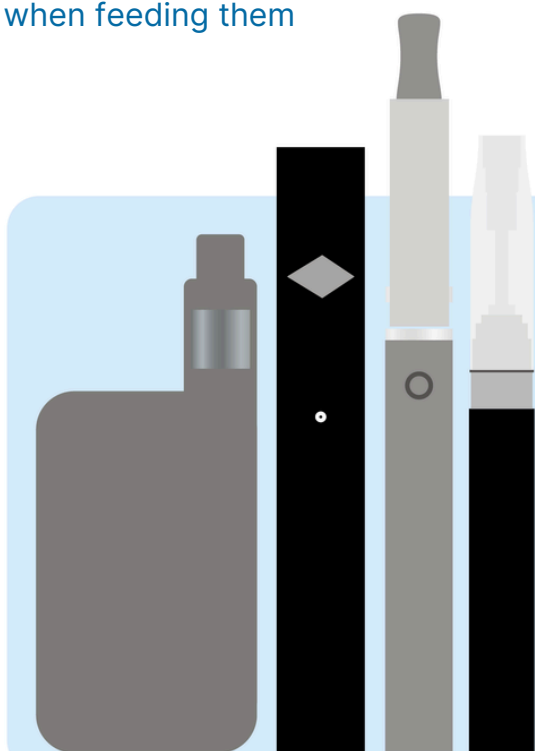
## Is nicotine harmful for my baby?

- Both vapes and cigarettes contain nicotine, which makes them addictive. However, most of the harm from smoking comes from the other chemicals in tobacco smoke. Nicotine replacement products like patches and gum are licensed for use during pregnancy

## Can I vape if I'm breastfeeding?

- Yes. If vaping is helping you to quit smoking and stay smokefree, you should carry on with it, including while breastfeeding. As a precaution, you could avoid vaping directly around babies when feeding them

You should only use legal vapes purchased from a reputable source. Illegal vapes often exceed restrictions on nicotine content and may contain banned ingredients.



## Vaping is far less harmful than smoking

- Nicotine in cigarettes is addictive, but almost all of the harm from smoking comes from the toxic chemicals in tobacco smoke
- Vapes don't produce tar or carbon monoxide which is the most harmful part of smoking for developing babies
- As well as being less harmful, vaping can be much cheaper than smoking

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