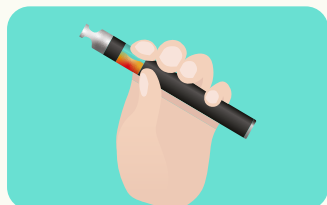


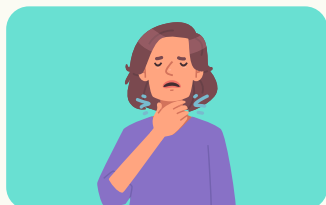
Vaping and Pregnancy

Know the facts...

Vaping is **not** harmless



Nicotine addiction



Throat irritation



Dizziness and
headaches



Coughing or shortness
of breath

In addition to stopping tobacco smoking, we recommend you stop vaping during pregnancy - **Do not smoke and use vapes at the same time as this is more harmful than smoking or vaping alone.**

Things to consider when stopping vaping

Where you vape

- Vape-free homes are important to ensure the safety of those around you, particularly children
- Only use a vape outside
- Store vapes and liquids out of reach of children



When you vape

- Increase the amount of time between vaping sessions - if you normally vape every 20 minutes, try waiting 40 minutes
- Do not constantly have your vape in your hand



What you vape

- Disposable vapes are now banned in the UK
- Make sure that you are using a regulated product from a reputable retailer
- You can use lower strength vape liquids (lower nicotine content) in a refillable vape
- Try using a flavour you dislike as this may make vaping less enjoyable



You are more likely to successfully stop with support. Ask your midwife to refer you to the Stop Smoking Service, or self-refer via the Smoke-Free Highland website.

www.smokefreehighland.scot.nhs.uk

SCAN ME

