

Vaping and Pregnancy

Know the facts...

Vaping is **not** harmless



If you have never smoked tobacco

Do not
start
vaping

Nicotine is addictive
and may be harmful
to developing babies.

If you vape, the best
thing for you and your
baby is to stop vaping.

If you have tobacco dependence

Vapes may be less harmful to lung health for non-pregnant people than tobacco. However, we do not yet know how vapes affect your health when pregnant or the health of babies as they grow in the womb.

Smoking tobacco
and vaping at
the same time is
more harmful than
smoking or vaping
alone.

We're here to help

We can support you to stop and provide free **Nicotine Replacement Therapy (NRT)** which is safe to use during pregnancy and helps to manage nicotine withdrawals.



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

