E-cigarettes in pregnancy

- How safe are e-cigarettes?
- Can I use an e-cigarette to help me quit smoking?
- Can I use an e-cigarette if I'm breastfeeding?
- Is nicotine harmful for my baby?
- Is second hand vapour from e-cigarettes harmful to pregnant women?
- Can I keep smoking a little bit if I'm also using an e-cigarette?
**How safe are e-cigarettes?**
- E-cigarettes are significantly less harmful to health than cigarettes.
- If using an e-cigarette (vaping) helps you stay smokefree, it is far safer for you and your baby than continuing to smoke.

**Can I use an e-cigarette to help me quit smoking?**
- Yes, e-cigarettes can help you to quit and are much less harmful than smoking.
- The safest products to use are nicotine replacements such as patches and gum.

**Can I keep smoking a little bit if I’m also using an e-cigarette?**
- NO - Every cigarette causes damage both to you and your baby.
- Stopping smoking early in pregnancy almost completely prevents damage to your baby.
- You can use your e-cigarette 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.
- Secondhand tobacco smoke is very harmful to you and your baby.

**Is nicotine harmful for my baby?**
- Nicotine alone is relatively harmless; the main harm from smoking is from the toxic chemicals in tobacco smoke.

**Can I use an e-cigarette 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.

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

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**Using an e-cigarette is far safer than smoking**
- Nicotine in cigarettes is addictive, but almost all of the harm from smoking comes from the toxic chemicals in tobacco smoke.
- E-cigarettes don’t produce tar or carbon monoxide which is the most harmful part of smoking for developing babies.
- As well as being safer, using an e-cigarette can be much cheaper than smoking.

**Further information can be found on the Smoking in Pregnancy Challenge Group website**