

Smoking During Pregnancy

Smoking, including e-cigarettes, during pregnancy causes health problems for your baby, including being born too early, certain **birth defects**, and in some cases, **death**.

Smoking before and during pregnancy can:

- Make it harder for a woman to get pregnant.
- Increase a woman's risk for having a miscarriage.
- Cause problems with the placenta, the source of the baby's food and oxygen during pregnancy. The placenta may break away from the womb too early, causing bleeding, which is dangerous to the mother and baby.
- Cause a baby to be born too early or to have low birth weight—making it more likely the baby will be sick and have to stay in the hospital longer. Some babies may even die.
- Increase the risk of Sudden Infant Death Syndrome (SIDS).
- Increase the risk of babies being born with birth defects, like a cleft lip or cleft palate.

Smoking, including e-cigarettes, before and during pregnancy can cause damage to the baby's brain and lungs as they develop.

For more information:

cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/index.htm

cdc.gov/reproductivehealth/maternalinfanthealth/tobaccousepregnancy/e-cigarettes-pregnancy.htm

americanpregnancy.org/pregnancy-health/smoking-during-pregnancy/



Please call :

1-800-QUIT-NOW (1-800-784-8669)

or visit:

health.ri.gov/healthrisks/tobacco/about/quitsmoking/

