Now is the Right Time

You can use NRT in pregnancy and it’s free.

Smoking during pregnancy risks your baby’s health.

For more information, or to get the confidential help and advice you need to quit, speak to your midwife, call your local Stop Smoking Service on freephone 0800 531 6317 or for details of your nearest advisor, text smokefree and your postcode to 80800.

Because life’s better Smokefree.
Nicotine Replacement Therapy (NRT).

General Information.

When you stop smoking your body misses the nicotine. NRT helps you to quit by replacing some of the nicotine, so that you can stop smoking without getting such strong withdrawal symptoms.

It’s the other toxins in cigarette smoke, such as tar, lead, cyanide and ammonia that cause smoking related disease and death. The benefits of stopping smoking are very clear, but without support it can be very hard. The risks of continuing to smoke are far more than any potential risk from using nicotine from NRT.

NRT does not ‘make’ you stop smoking. You still need determination to succeed in breaking the smoking addiction.

You are more likely to stop smoking if you get support from a Stop Smoking Advisor.

How do I use NRT?

Take advice from your Stop Smoking Advisor, Midwife, GP, Practice Nurse or Pharmacist.

Which form of NRT is best?

There are several different forms of NRT, which are listed below. Seek help from a Stop Smoking Advisor, Midwife, GP, Practice Nurse or Pharmacist to find out which is best for you.

- Nicotine gum
- Nicotine patches
- Nicotine inhalator
- Nicotine lozenges
- Nicotine mouth spray

Pregnancy.

Stopping smoking is possibly the single most important thing you can do to improve your health and that of your unborn baby. It should be done as early as possible in pregnancy, because smoking during pregnancy can result in your baby being under-developed. It can also lead to premature births and even stillbirths.

Ideally you should try to give up smoking without the use of NRT but if you can’t manage this, you can use NRT. The risks to your unborn baby are far less than from continuing to smoke. If you have sickness or nausea, NRT patches may be preferable to gum, lozenges, tablets or inhalators.

Nicotine Replacement Therapy (NRT) is FREE during pregnancy. Please talk to a Stop Smoking Advisor or healthcare professional for advice.

Breastfeeding.

Secondhand tobacco smoke causes breathing difficulties and other problems in babies and children. Nicotine from smoking and from NRT is found in breast milk. However the amount of nicotine from NRT that your child may receive during breastfeeding is much smaller and less harmful than the secondhand smoke they would breathe in if you continue to smoke.

If you are breastfeeding it is better if you use gum, lozenges or inhalators rather than patches and avoid their use just before breastfeeding. If you have a partner or other family member who also smoke, try to encourage them to give up smoking with you.

Getting rid of your NRT products.

In small children, high doses of nicotine can be harmful. For these reasons products containing nicotine should be kept out of the reach and sight of children at all times. All NRT products should be disposed of with care. Used patches should be folded in half with the adhesive side innermost and disposed of with care.

If you have young children at home, do not leave your NRT products lying around where they may get hold of them.