



Get in touch

Maternity
smoke free
service

Are you currently pregnant and interested in finding out more about our maternity smoke free service?

You can speak to your midwife or email:
mtw-tr.smokefreematernity@nhs.net

Are you pregnant and looking to stop smoking?

With the right tools and motivation, it can be easier than you think to become smoke free.

Why smoke free?

With the right tools, support and motivation, it can be easier than you think to become smoke free. **Giving up smoking is one of the most important things you can do to keep your baby safe and healthy**, as well as improve your long-term health.

It's hard to imagine, but **everything you breathe in passes through to your baby** (including second-hand smoke). **Each cigarette contains more than 4,000 chemicals.**

Smoking, both during pregnancy and following birth, can greatly increase the risk of SIDS (Sudden Infant Death Syndrome), stillbirth, low birth weight, miscarriage, preterm birth and placental abruption.

If you are currently pregnant and want to become smoke free, speak to your midwife about how we can support you to quit smoking.

How does the service work?

If you are pregnant and smoke, you will be immediately referred (with the option to opt out) to an in-house maternity smoke free team to receive support from an appropriately trained smoke free pregnancy advisor.



The service is flexible, and centred around you and your needs.

Appointments can take place at the clinic or in the comfort of your own home. As part of our service, you have:

- early access to appropriate treatment using medication
- personalised plan to support you to become smoke free, which is built into your usual maternity care plan
- ongoing support throughout your pregnancy, as required.

We are here to help

Our midwife-led smoke free service is here to support you to overcome your tobacco dependence and live a smoke free life. If you're pregnant, there is no better time to take steps to improve your lifestyle.

There is lots of help available, you don't have to do this alone.



Quit for Two

Our hospital's midwife-led smoke free service is part of a programme called **Quit for Two**, which is available at all main hospitals in Kent and Medway.

