

## COUNSELLING SUPPORTS

- **Over the phone:** Quitline. Call 137 848. Available 8am – 8pm Monday to Friday. A call-back service is available so you don't have to wait on the phone. Staff are trained smoking counsellors, who provide tailored support for pregnant women
- **Online:** [www.quitcoach.org.au](http://www.quitcoach.org.au)  
QuitCoach creates a tailored quit plan based on your smoking habits and lifestyle

**Combining NRT, Apps and counselling can increase your chances of quitting success**



## "COLD TURKEY"

This is when you quit smoking without using NRT or medications. This can be done by:

- Cutting down the number of cigarettes slowly over time then stopping, or
- Stopping quickly by choosing a date and stopping abruptly

## NOT RECOMMENDED IN PREGNANCY

- Currently, it is not recommended that the medications varenicline (Champix) and bupropion (Zyban) be used during pregnancy or breastfeeding
- There may be unknown effects to the mother and baby of e-cigarettes or vaping, either with or without nicotine serum. Current recommendations are to not use e-cigarettes or vaping devices while pregnant or breastfeeding

### References:

Lumley J, *et al.* Interventions for promoting smoking cessation during pregnancy. *Cochrane Database Syst Rev.* 2009;(3):CD001055. Published 2009 Jul 8.

Dhalwani NN, *et al.* Stillbirth Among Women Prescribed Nicotine Replacement Therapy in Pregnancy: Analysis of a Large UK Pregnancy Cohort. *Nicotine Tob Res.* 2019;21(4):409-415.

Whittington JR, *et al.* The Use of Electronic Cigarettes in Pregnancy: A Review of the Literature. *Obstet Gynecol Surv.* 2018;73(9):544-549.

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THE UNIVERSITY  
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**Health**

Northern Adelaide  
Local Health Network

# KNOW YOUR OPTIONS...

I would like to talk to  
someone about my  
smoking...

OR

What can I do to quit  
smoking in pregnancy?

Local support & information

# REACH OUT, SUPPORT FOR YOU

For some women, the carbon monoxide (CO) monitor reading could be distressing. There are supports available within the hospital or the community if you would like to talk, even if you're not ready to quit.

- **Drug and Alcohol Support Services SA (DASSA)**. You can call 1300 13 1340, any day between 8:30am-10pm, or talk to your midwife/doctor in the antenatal clinic for a referral to this service
- **Perinatal Anxiety and Depression Australia (PANDA)** have information on their website: <http://www.panda.org.au> and an advice line 1300 726 306, Mon-Sat 9am-7:30pm AEST
- **Centre of Perinatal Excellence (COPE)** website: <https://www.cope.org.au>
- **Beyondblue** have a helpline 24 hours/7 days a week. You can phone on 1300 224 636
- Your General Practitioner can assist you with referrals to a Mental Health Practitioner in your area

# SUPPORT FOR QUITTING IN PREGNANCY

## NICOTINE REPLACEMENT THERAPY (NRT)

- It is safe for you to use NRT products in pregnancy. This includes patches (day only, 15hr), gum, lozenge, mouth spray or inhaler
- These different NRT products deliver nicotine to your body in a range of ways, so it is important that you talk with your pharmacist or GP about what might work best for you. This discussion should also include talking about your nicotine dependence as this will determine the dosage of NRT you need
- Seek advice from your GP or pharmacist to use different NRT products or in combination
- NRT products are available over the counter in your local pharmacy and can be purchased without a prescription
- You can pay less for some NRT products if you get a prescription from your GP or obstetrician at the hospital

## NICOTINE WITHDRAWAL SYMPTOMS

- Some smokers confuse the symptoms of tobacco withdrawal with side effects of NRT
- Being tense, agitated, depressed, having disturbed sleep or craving cigarettes while using NRT can be symptoms of tobacco withdrawal
- If you are having these symptoms, talk to your GP or pharmacist about adjusting your NRT dose or combining different types



## SMARTPHONE APPLICATIONS (APPS)

There are many Apps designed for quitting smoking that can be found through the Google Play Store or Apple App Store. You may find these helpful:

- **'Quit for you - quit for two'**. Developed by Quitline to help women quit smoking before, during and after pregnancy. It is free
- **'My QuitBuddy'** was also designed by Quitline. It is free
- Apps that assist with distraction, mindfulness & relaxation can also be useful