

YOUR STOP SMOKING JOURNEY



QUIT FOR US



BOOKING

Your carbon monoxide (CO) level will be measured.

You will be asked if you smoke (cigarettes, cannabis and shisha). This will also include e-cigarettes.

You will also be asked if there are any other smokers at home.

You will be given the following information:

- Risks of smoking in pregnancy.
- Second-hand smoke and smokefree homes.
- The local Stop Smoking Service number and Quit for Two website.

IF YES

Your smoking status will be monitored at further appointments.

IF NO

Your carbon monoxide level will be measured and your smoking status (cigarettes, cannabis and shisha) will be recorded. Information about the risks of smoking whilst pregnant will be given and you will be referred to the local Stop Smoking Service.

If you opt-out, you will be asked again at later dates if you want to be referred to the local Stop Smoking Service.

DATING SCAN

At this point if:

- You smoke (cigarettes, cannabis and shisha).
- Your CO reading is 4ppm or higher.
- You have quit in the last two weeks.

You will be referred to the local Stop Smoking Service.

You will be able to opt-out of this stage. You can ask for help to stop smoking at any time from your midwife or the local stop smoking service.

If you are still smoking, you will be referred to the local Stop Smoking Service.

36 WEEK APPOINTMENT

Your carbon monoxide (CO) levels will be measured and your smoking status (cigarettes, cannabis and shisha) will be recorded.

At this point if you opt-out, you will be asked if you would like NRT (nicotine replacement therapy) for the birthing period, if you do not intend to quit during the pregnancy.

It will be explained that the hospital is a Smokefree site and smoking is not permitted on the hospital site or grounds.

LOCAL SERVICES

Visit www.quitfortwo.co.uk for details about your local Stop Smoking service.

Download the Quit for Us App available on Google Play and the App Store.