

# Vaping and Pregnancy

## Know the facts...

## Vaping is **not** harmless



### If you have never smoked tobacco

Do not  
start  
vaping

Nicotine is addictive  
and may be harmful  
to developing babies.

If you vape, the best  
thing for you and your  
baby is to stop vaping.

### If you have tobacco dependence

Vapes may be less harmful to lung health for non-pregnant people than tobacco. However, we do not yet know how vapes affect your health when pregnant or the health of babies as they grow in the womb.

Smoking tobacco  
and vaping at  
the same time is  
more harmful than  
smoking or vaping  
alone.

## We're here to help

We can support you to stop and provide free **Nicotine Replacement Therapy (NRT)** which is safe to use during pregnancy and helps to manage nicotine withdrawals.



You are more likely to successfully stop with support. Ask your midwife to refer you to the Stop Smoking Service, or self-refer via the Smoke-Free Highland website.

**[www.smokefreehighland.scot.nhs.uk](http://www.smokefreehighland.scot.nhs.uk)**

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