



Is It Safe to Use Electronic Cigarettes While Pregnant?



Nicotine and Pregnancy

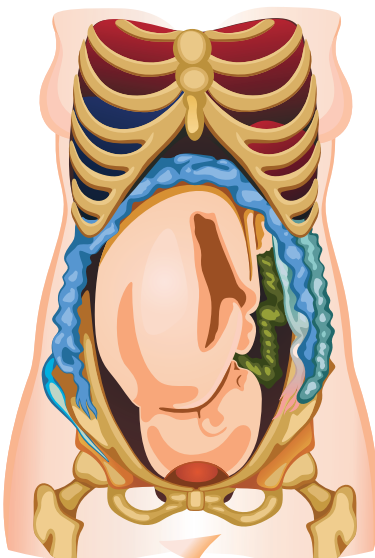
Electronic cigarettes, also known as e-cigarettes, contain nicotine. Nicotine is a highly addictive, toxic chemical that triggers the brain to produce feelings of pleasure.

Nicotine is harmful to the health of pregnant women and their developing babies. It can cause a woman to give birth to her baby too early, and the baby can be born weighing less than is healthy. Nicotine can even cause the baby to die before it is born.

Nicotine crosses the placenta, so when a mother uses an e-cigarette, her baby also receives the nicotine. Nicotine can be found in mothers' breast milk, so mothers who use e-cigarettes may expose their babies to nicotine through breastfeeding. Being exposed to nicotine before birth can harm a baby's lungs, brain and cardiovascular system (i.e., their heart, arteries and veins).

Children exposed to nicotine before birth can have trouble with how they think and behave. Exposure to nicotine before birth may increase the risk of attention-deficit/hyperactivity disorder (ADHD) and drug addiction.

No amount of nicotine exposure is known to be safe during pregnancy.



E-cigarettes have not been shown to be safe or effective in helping people quit.

The liquids used in e-cigarettes contain nicotine, as well as

- Flavorings (such as berry or cotton candy)
- Propylene glycol (creates the “cloud”)
- Toxic chemicals known to cause cancer, birth defects and other reproductive harm



The aerosol, or “cloud”, from e-cigarettes has been found to contain chemicals that may harm mothers and their babies.

Cancer-causing Chemicals



Formaldehyde
Used to embalm dead bodies



Benzene
Found in gasoline



Isoprene
Used to make rubber



N-nitrosomononitricotine
Contained in tobacco products

Toxic Metals



Lead
Once used in paint



Nickel
Used to make stainless steel



Cadmium
Used in making batteries

Poisonous Gas Harms the Development of Unborn Babies



Toluene
Found in paint thinners



Nicotine
Highly addictive chemical in tobacco

Harmful to Breathe



Acetaldehyde
Found in car exhaust fumes



Volatile Organic Compounds (VOCs)
Released from paint



Fine and Ultrafine Particles
Found in air pollution



Thinking about quitting?

Nicotine is very addictive and causes cravings. When you stop using nicotine, you may experience withdrawal. Withdrawal may begin about two hours after your last use. During withdrawal, you might feel irritable or angry, depressed, restless, anxious and hungry. You might have trouble concentrating and find it hard to sleep. Withdrawal can last for about four weeks. Quitting can be hard, but there are things that can help to make it easier.

Strategies some mothers find helpful:

- Set a quit date.
- Plan for how you will manage withdrawal symptoms and cravings.
- Ask family and friends for support.
- Remove products that contain nicotine from your home.
- Decide what you will do in situations where you usually use nicotine.
- Write a list for why quitting is important to you and keep it with you to help you through cravings.

Please talk with your doctor and use these resources:

For information on quitting, call your healthcare plan provider or **QUITPLAN® Services** at **1-888-354-PLAN (7526)**, or check out all the free help online at **quitplan.com**.

† **AMERICAN LUNG ASSOCIATION**

Freedom
FROM SMOKING®
ONLINE

Freedom From Smoking® Online can provide support and build your coping skills to help you get through your pregnancy without nicotine. It can help you with staying quit after your baby is born. Go to **FFSOnline.org** for more information.

Lung HelpLine 1-800-LUNGUSA | LUNGMINN.org