

Risk/ Benefit Form for Pregnant Clients

Client Name:		Weeks Pregnant:
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The risks to you of continuing to smoke during Pregnancy:

- Nicotine, Tar and 4000+ harmful and cancer causing chemicals inhaled and absorbed into your body.
- Carbon Monoxide gas inhaled with cigarette smoke reduces Oxygen in your blood supply.
- Increased risk of Lung damage (Chronic Bronchitis, Emphysema).
- Increased risk of Heart Disease and Vascular Disease (Heart attacks, Strokes and clots DVT).
- Increased risk of cancer.
- Increased risk of complications under anaesthetic.
- Increases the risk of eclampsia because of raised blood pressure.

The risks to your Baby if you continue to smoke during pregnancy:

- Nicotine, Carbon Monoxide and poisonous chemicals pass through the placenta and affect baby's growth and development.
- Nicotine increases baby's heart rate during and for to 15 minutes after you finished smoking.
- Nicotine raises your blood pressure, narrows blood vessels and decreases the supply of nutrients to your baby.
- Carbon Monoxide lowers oxygen in your blood reducing oxygen supplied to the baby.
- Increases risk of Miscarriage, Still Birth, Premature birth, low birth weight and SIDS (cot death)
- Increases breathing difficulties, weak lungs.
- May develop birth defects of the mouth and Lip, Glue ear and other ear problems.

Benefits to you and your Baby of Quitting with Nicotine Replacement Therapy:

- NO Carbon Monoxide & NO 4000+ harmful chemicals plus CONTROLLED LEVELS of Nicotine
- Helps to manage nicotine cravings so Increases your chance of staying quit
- Blood pressure will be reduced lower risk of Eclampsia
- Improved oxygen supply for both you and your baby.
- Circulation and breathing improves.
- Less morning sickness.
- Fewer complications during childbirth, improved healing, lower risks under anaesthetics.
- Reduced risk of premature birth, low birth weight, birth defects and SIDS (cot death)

Side affects you may experience while quitting with Nicotine Replacement Therapy

- Headache, vivid dreams, nausea and local reactions (skin irritation from patches)
- The long term effect on the unborn baby is not fully understood but available evidence showed no negative impact on babies if used for stopping smoking.

Declaration: Please tell the Pharmacist who supplies your nicotine therapy that you have read & understand the risks and benefits and are happy to use nicotine therapy to help you to stop smoking.

If you have any concerns please speak to the Pharmacists or your Advisor.