



ASSIST: Pregnant Women Who Smoke

A woman is more likely to quit smoking during pregnancy than at any other time in her life

ASK "What have you heard about smoking during pregnancy?"

SHARE the risks of smoking during pregnancy:

- Smoking is the most modifiable risk factor for poor birth outcomes
- Successful treatment of tobacco dependence can achieve:
 - 20% reduction in low-birth-weight babies
 - 17% decrease in preterm births
 - Average increase in birth weight of 28 g

CONDUCT behavioral counseling if appropriate

ACKNOWLEDGE that the safety and efficacy of medications for pregnant smokers remain unknown

CONSIDER pharmacotherapy when a pregnant woman is otherwise unable to quit, and when the likelihood of quitting outweighs the risks of the pharmacotherapy and potential continued smoking

- Nicotine replacement patches expose the fetus to a steady dose of nicotine, which may lead to neurotoxicity.
- Women who are nursing should not use bupropion.

DISCUSS rewards specific to pregnant women: "Your baby will get more oxygen after just one day."

American College of Obstetricians and Gynecologists
& The Robert Wood Johnson Foundation, 2002



Women's Health
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www.womenshealthcouncil.org