

E-cigarettes in pregnancy

How safe are e-cigarettes?

- E-cigarettes are significantly less harmful to health than cigarettes
- If using an e-cigarette (vaping) helps you stay smokefree, it is far safer for you and your baby than continuing to smoke

Is nicotine harmful for my baby?

- Nicotine alone is relatively harmless; the main harm from smoking is from the toxic chemicals in tobacco smoke

Is second hand vapour from e-cigarettes harmful to pregnant women?

- There is no evidence of harm to others from e-cigarette vapour
- Secondhand tobacco smoke is very harmful to you and your baby

Can I keep smoking a little bit if I'm also using an e-cigarette?

- NO - Every cigarette causes damage both to you and your baby
- Stopping smoking early in pregnancy almost completely prevents damage to your baby
- You can use your e-cigarette as often as you need to stay smokefree

Can I use an e-cigarette to help me quit smoking?

- Yes, e-cigarettes can help you to quit and are much less harmful than smoking
- The safest products to use are nicotine replacements such as patches and gum

Can I use an e-cigarette if I'm breastfeeding?

- Yes. If vaping is helping you to quit smoking and stay smokefree, you should carry on with it, including while breastfeeding



Using an e-cigarette is far safer than smoking

- Nicotine in cigarettes is addictive, but almost all of the harm from smoking comes from the toxic chemicals in tobacco smoke
- E-cigarettes don't produce tar or carbon monoxide which is the most harmful part of smoking for developing babies
- As well as being safer, using an e-cigarette can be much cheaper than smoking

Further information can be found on the [Smoking in Pregnancy Challenge Group website](#)

Always keep e-cigarettes and e-liquids out of the reach of children to avoid accidental poisoning. Always use the correct charger.



For more information on quitting smoking ask your midwife, GP or pharmacy team or search NHS Smokefree.