

If you'd like further support to **stop smoking** or would like more information on the **NHS Borders Quit4Good Service** please contact us on **0844 8118180** (local rate call, office hours Monday to Friday, 24 hour answer machine) or email **smokingcessation@borders.scot.nhs.uk**

Alternatively, for free advice you can call Smokeline on 0800 84 84 84 or log on to www.canstopsmoking.com

This leaflet is available in large print, alternative languages and computer formats. Please contact us on 01896 824500 to request any of these versions.



If you don't smoke during pregnancy, it's not just better for your baby – it's good for your own health too.

Quit4Good 



Improving Health in Our Scottish Borders 
In Partnership with NHS Borders, Scottish Borders Council & The Voluntary Sector

Quit4Good 



As an expectant mother you will be thinking about how a new baby will fit into your life. And as your body changes you might be starting to pay more attention to your wellbeing.

Many women try to stop smoking in pregnancy, both for the sake of their own health and also for that of their babies.

Women who stop smoking experience benefits including the reduction of health risks such as cancers and heart disease. They also report feeling and looking healthier. Many women don't know that stopping smoking can bring benefits for their baby too.

Quit4Good provides support for women who would like to consider stopping smoking. Our free service offers:

- **Individualised help and advice**
- **Help for your partner or other family members who might also wish to stop**
- **Information about nicotine replacement therapy (e.g. nicotine patches or gum) and its use in pregnancy**

These services are free and delivered by trained advisers. Our experience has shown that having a knowledgeable and qualified person to give you

support, and using a product such as nicotine replacement therapy means that you are four times more likely to succeed in stopping smoking. Prescriptions for nicotine replacement therapy (NRT) can be obtained from all of our advisers, and you will normally be provided with enough for two weeks at a time.

We can also refer you to group sessions in various locations in the Borders which cover topics such as preparing to quit, coping with withdrawals and preparing for difficult situations.

Our advisers understand that stopping smoking can be difficult and will work with you to provide the support that you need to help you stop smoking.

Our advisers understand that stopping smoking at any time can be difficult and that pregnant women are also managing other life changes. We can work with you to provide the support that you need to help you stop smoking.

