

# Stop Smoking Programme

**If you decide that you want to quit, here is what to expect:**

It is a twelve week programme, run by a Stop Smoking Practitioner.

- You will be offered a first appointment at a time and venue which is suitable for you. At this appointment we will go through the risks of smoking for you and your baby, withdrawal symptoms and discuss any questions which you have.
- Your first appointment will last approximately thirty minutes, follow up appointments will take approximately fifteen minutes.
- At each appointment a CO reading will be taken and treatment offered where appropriate.



## Useful numbers and information

Advisor:  
**Carol Shepherd**

Call: **01922 270477** or **07881 842140**

Advisor:  
**Wendy Salisbury**

Call: **07899 892147**

**Health in Pregnancy Service**  
Call: **01922 423252**

Manager:  
**Diane McIntosh**

## Stop Smoking in Pregnancy

**Darlaston Health Centre**  
Pinfold Street,  
Darlaston,  
WS10 8SY  
Call: **01922 270477**



Walsall Healthcare **NHS**  
NHS Trust

# Stop Smoking in Pregnancy

**HEALTH IN PREGNANCY SERVICE**

The Health in Pregnancy team provide behavioural support as well as treatments to help you with your quit attempt. We have clinics throughout the borough and can offer home visits if appropriate.

Call now to speak to one of our advisors.

**01922 270477**



Caring for Walsall together



**If you stop smoking before or during pregnancy, it will help reduce the risk of:**

- Miscarriage
- Slow growth
- Stillbirth
- Cot death
- Colic in first few months
- Bleeding
- Premature birth
- Low birth weight
- Breathlessness and wheezing in baby's first year of life

You will feel Healthier and avoid other diseases known to be caused by smoking.

For more information visit: <https://smokefree.gov/quitting-smoking/reasons-quit/benefits-quitting>

Below is a chart indicating safe CO levels for you and your baby.

CO Reading	Addiction	Foetal CO
0-4ppm	Non-smoker, this is where you want to be	1.46
5-6ppm	Dangerzone, nicotine addiction likely to occur	1.46 - 2.38
7-10ppm	Smoker, nicotine addiction occurs, basic exercise can be affected by smoking	2.38
11-16ppm	Frequent smoker, readings indicate serious nicotine addiction, levels are 5x that of a non-smoker	3.40
17-25ppm	Addicted smoker, your red blood cells are carrying less oxygen than the body needs, health is being affected	3.40 - 5.66
26-35ppm	Heavily addicted smoker, this level is uncommon, permanent damage and CO poisoning can occur	5.66
36-60ppm	Dangerously addicted smoker	5.66

After 20 mins	Your blood pressure and pulse go back to normal. Circulation improves - especially in your hands and feet.
After 8 hours	Nicotine and carbon monoxide levels in the blood are reduced by half. Oxygen levels return to normal
After 24 hours	Carbon monoxide will be eliminated from the body. Your lungs start to clear out mucus and debris.
After 48 hours	Your body is now nicotine free. You'll notice how your sense of taste and smell have improved.
After 72 hours	Your breathing is easier. You have more energy.
In 2-12 weeks	Circulation is now improved throughout your body. It is easier for you to walk and exercise.
In 3-9 months	Your lung capacity can improve by 5-10% and you can say goodbye to coughing, shortness of breath and wheezing.
After 5 years	You now have half the chance of having a heart attack compared to a smoker.
After 10 years	The chance of you getting lung cancer is half that of a smoker. Your chance of a heart attack is the same as someone who has never smoked.

## Coping with withdrawal

**Desire to smoke:** Brain is missing nicotine fix. This only last for a short few weeks. Try to keep busy.

**Coughing:** Lungs are clearing and will happen quickly. Warm drinks help.

**Hunger:** Metabolism is changing, taste buds are improving. Eat fruit & veg, chew sugar free gum and drink water.

**Constipation or diarrhoea:** Body returning to normal. Drink water, fruit, veg and exercise. See healthcare professional if persists.

**Trouble sleeping:** Due to nicotine leaving body. Last up to 2-3 weeks. Cut down tea and coffee. Exercise and get fresh air in lungs.

**Dizziness:** More oxygen going to brain. Less carbon monoxide. This won't last long.

**Mood swings, poor concentration and irritability:** Ask family for support. This will pass, take time to relax.