



If I'm trying to get pregnant or am already pregnant, how does my smoking affect me and my unborn baby?

If you are trying to get pregnant and you smoke, you may experience problems getting pregnant or early menopause.

If you are already pregnant and you smoke, you may experience:

- An ectopic pregnancy
- Miscarriage and stillbirth
- A baby born prematurely
- A low birth weight baby
- A baby born with a cleft lip or palate
- A baby at higher risk for sudden infant death syndrome (SIDS)

My male partner smokes. Will this cause me problems getting pregnant?

If your partner smokes cigarettes, he may develop problems that can make it harder for you to get pregnant.

These problems include male fertility issues and/or erectile dysfunction (ED), a condition where a man has difficulty getting and keeping an erection.

Secondhand smoke can harm nearby people and pets. If your partner uses tobacco products, urge him to quit for everyone's health.

How will quitting smoking help my pregnancy and the health of my baby?

When you quit smoking you:

- Increase your chance of getting pregnant
- Decrease your chance of having a miscarriage or stillbirth
- Lower the chance your baby will be born prematurely
- Decrease the chance you'll have a low birth weight baby
- Decrease the chance your baby will be born with cleft lip or palate
- Decrease your baby's risk for SIDS

I want to quit using tobacco — how do I get started?

- Call VA's tobacco quitline at **1-855-QUIT-VET** (1-855-784-8838) Monday–Friday, available in English & Spanish
- Sign up for VA's SmokefreeVET text messaging program—text the word **VET** to **47848** (or **VETesp** to **47848** for Spanish) or visit smokefree.gov/VET
- Talk to your VA health care provider about tobacco cessation medications and counseling that can help you quit
- Visit publichealth.va.gov/smoking
- Sign up for SmokefreeMOM, a mobile text messaging program for pregnant women who smoke at women.smokefree.gov/smokefreemom