

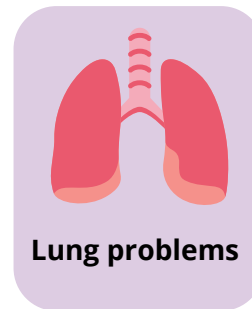
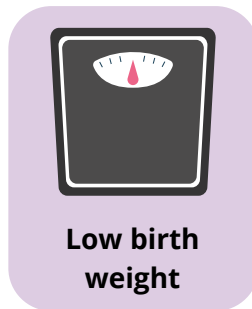
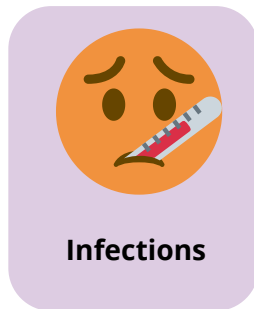
# Patient resource guide

## Smoking and vaping cessation during pregnancy

### Why quit?

Quitting nicotine isn't easy, but it is one of the best things you can do for you and your baby.

**Smoking and vaping during your pregnancy increases risks of:**



### Available resources

- **Way to Quit and Quit Now:** <https://waytoquit.org/> (UTAH) and <https://www.quitwyo.org/> (WYOMING)
  - Tobacco Quit Line: 1-800-QUIT-NOW
  - Free telephone and online coaching, encouragement, and information
  - Wyoming Pregnancy and Postpartum Cessation Program, enroll @ <https://wyo.quitlogix.org>
- **Utah Medicaid Tobacco Cessation Program:** <https://medicaid.utah.gov/tobacco-cessation-program/>
  - Support and information on risk factors
- **Smoke Free Women:** <https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/quit-for-two>
  - Programs, tips/tools, groups, and articles
  - Text program and Facebook page
- **American Cancer Society:** <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>
  - Videos, articles, and methods for quitting
- **Mother to Baby:** <https://mothertobaby.org/fact-sheets/e-cigarettes/>
  - Hotline: 866-626-6847
  - Information and resources on quitting vaping
- **Become an Ex:** <https://www.becomeanex.org/pregnant-smokers/> & <https://www.becomeanex.org/quitting-e-cigarettes/>
  - Text and information to help you quit vaping and smoking

