

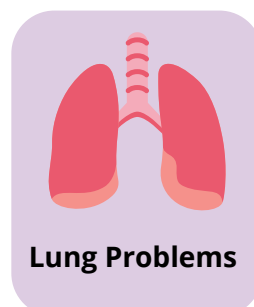
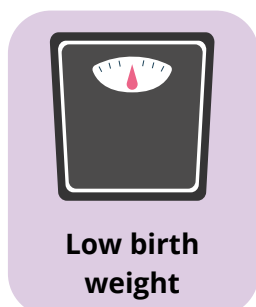
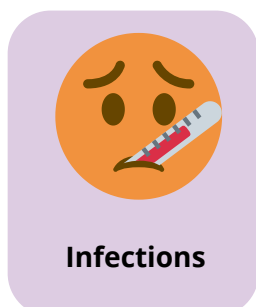
Patient Resource Guide

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/>
 - Information and programs
- **Smoke Free Women:** <https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/quit-for-two>
 - Programs, tips/tools, groups, and articles
 - Mother 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
- **E-cigarettes (vaping) 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



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