

Pregnancy and Vaping

There is plenty of evidence about the risks of smoking during pregnancy, but vaping is a new area of research. There is still a lot that we don't know about the safety of vaping during pregnancy, but most healthcare professionals recommend avoiding e-cigarettes and vaping during pregnancy.¹

Risks to Baby

Most vapes contain nicotine. Exposure to nicotine can be harmful to a developing baby's brain and lungs.^{1,2}

Nicotine causes your blood vessels to narrow which may lead to less oxygen and nutrients reaching the developing baby.¹ Some research shows that people who vape are at risk for having a baby with low birth weight.³

Even vapes that don't have nicotine can be risky during pregnancy because they may have harmful substances such as:^{4,5}

- Lead and other heavy metals that can be toxic
- Benzene, found in car exhaust
- Diacetyl, linked to lung disease
- Flavoring chemicals and other additives

Breastfeeding while Vaping⁴

More research is needed, but most doctors feel the safest approach is to not vape while breastfeeding.⁶

- Nicotine does pass into breast milk and may affect a baby's heart rate and blood pressure

A Healthy Pregnancy

Even though we need more research, most healthcare professionals recommend against using e-cigarettes or vapes during pregnancy to stay on the safe side.⁷

If you vape and are pregnant, the best thing you can do for your health and the health of your growing baby is to quit. Kick It California's coaches are supportive, non-judgmental, and trained to help pregnant people quit vaping.



Call for **FREE** help to quit vaping

1-800-300-8086

1. <https://www.acog.org/womens-health/faqs/tobacco-alcohol-drugs-and-pregnancy>, American College of Obstetricians and Gynecologists
2. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/e-cigarettes-pregnancy.htm#safer>
3. Cardenas VM, Cen R, Clemens MM, Moody HL, Ekanem US, Policherla A, Fischbach LA, Eswaran H, Magann EF, Delongchamp RR, Boysen G. Use of Electronic Nicotine Delivery Systems (ENDS) by pregnant women I: Risk of small-for-gestational-age birth. *Tob Induc Dis*. 2019 May 21;17:44. doi: 10.18332/tid/106089. PMID: 31516487; PMCID: PMC6662791.
4. <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/e-cigarettes-pregnancy.htm#safer>
5. National Academies of Sciences, Engineering, and Medicine; Health and Medicine Division; Board on Population Health and Public Health Practice; Committee on the Review of the Health Effects of Electronic Nicotine Delivery Systems; Eaton DL, Kwan LY, Stratton K, editors. *Public Health Consequences of E-Cigarettes*. Washington (DC): National Academies Press (US); 2018 Jan 23. 5, *Toxicology of E-Cigarette Constituents*. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK507184/>
6. *Mother To Baby | Fact Sheets [Internet]*. Brentwood (TN): Organization of Teratology Information Specialists (OTIS); 1994-. *E-cigarettes (Vaping)* 2021 Oct 1. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK582524/>
7. Committee opinion no. 721 summary: Smoking cessation during pregnancy. *Obstet Gynecol*. 2017;130(4):929–930. doi: 10.1097/AOG.0000000000002348