



Welcome to the

Antenatal Quit Smoking Service

Making the decision to quit smoking when you are pregnant is the right choice for you and your baby. Quitting smoking is often difficult but we can help you.

What we offer:

- FREE individualised advice and support on addressing smoking during your pregnancy.
- Accurate, up to date information about using Nicotine Replacement Therapy products (gum, lozengers, inhaler, mist) to manage your smoking during your pregnancy.
- An initial consultation and then you choose what support you would like for example, follow up phone calls, text messages or ongoing appointments.
- Free carbon monoxide testing.
- Quit smoking support for your partner or other household members who want to help you by quitting too.

When is the Antenatal Quit Service?

Fortnightly at the Antenatal Clinic

1pm – 3pm, Level 2 Wollongong Hospital

We can also arrange appointments outside of these times.

How do I make an appointment?

You can make an appointment one of three ways:

- Ask your midwife for a referral.
- Call or text 0411 402 489 (Annie) or 0477 375 305 (Janet).
- Email annie.mcdonald@sesiahs.health.nsw.gov.au

Quitting smoking will be good for you and your baby. In the womb your baby relies on oxygen from your blood to grow. Every time you smoke, your unborn baby is deprived of that oxygen. At the same time a cocktail of toxic chemicals enter his or her body, affecting your baby's health in the future.

Every cigarette you DON'T smoke is doing you and your baby good.

For more information:

Phone: 4223 8334

Text: 0411 402 489

Email: annie.mcdonald@sesiahs.health.nsw.gov.au

Website: www.quitnow.gov.au

Download the *Quit for You Quit for Two* phone app, available free on android and iPhone.