

Smoking and Pregnancy

Smoking can cause problems for a woman trying to become pregnant or who is already pregnant, and for her baby before and after birth.

Effects on Women

- [Difficulty getting pregnant](#)
- [Placenta separates from the womb too early, causing bleeding](#)
- [Placenta covers the cervix, causing complications](#)
- [Water breaks too early](#)
- [Pregnancy occurs outside of the womb](#)



Smoking causes these health effects.

Smoking could cause these health effects, but more studies are needed to be sure.

Effects on Babies

- [Baby born too small](#)
- [Baby born too early](#)
- [Sudden Infant Death Syndrome](#)
- [Stillbirth](#)
- [Infant death](#)
- [Cleft lip/palate](#)
- Certain birth defects, such as:
 - [Clubfoot](#)
 - [Gastroschisis](#)
 - [Some heart defects](#)
- [Attention Deficit/Hyperactivity Disorder \(ADHD\)](#)
- [Miscarriage](#)

Quitting Smoking Can Be Hard, But It Is One of the Best Ways a Woman Can Protect Herself and Her Baby's Health.

If you or someone you know wants to quit smoking, talk to your healthcare provider about strategies. For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, please call [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) (1-800-784-8669); TTY 1-800-332-8615.

For additional resources to help quit smoking, visit www.cdc.gov/reproductivehealth/TobaccoUsePregnancy/Resources.htm



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