



Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

# QUIT FOR TWO, ME AND YOU

**The most important thing you can do to improve your health and protect your baby is to quit smoking.**

A cigarette contains over 4,000 chemicals. Many of these are poisonous and harm you and your unborn baby. The good news is that if you stop smoking:

- You are more likely to have a healthier pregnancy and a healthier baby
- You will reduce the risk of stillbirth
- Your baby is less likely to be born premature
- Your baby is less likely to be born with a low birth weight
- You will reduce the risk of sudden infant death syndrome (SIDS), also known as "cot death"



**Quitting smoking will also save you money. A 20 a day smoker could save over £3500 year.**



## CARBON MONOXIDE (CO) MONITORING

Carbon monoxide is a poisonous gas which is breathed in through tobacco smoke.

All pregnant people are offered CO monitoring as part of their routine care. You will be asked to breathe into a cardboard tube attached to a handheld monitor.

## SUPPORT TO QUIT

Join the thousands of smokers in Wales getting FREE NHS support and nicotine replacement products to help with cravings. Your midwife can put you in touch with our dedicated Maternity Support Worker for:

- Specialist support for pregnant people to quit smoking
- Information and guidance without judgement
- Access to FREE nicotine replacement therapy
- One to one support over the phone from 'Help Me Quit'
- Support and information for anyone else who smokes in your household

Stopping smoking in early pregnancy gives your baby the best start. However, it is never too late to quit. Support is available at every stage of your pregnancy.

To contact our dedicated Smoking Cessation Maternity Support Worker, Telephone:

**01639 684532**

Email:

**SBU.HMQ@wales.nhs.uk**



Free, NHS stop smoking support is also available from 'Help Me Quit'. Call **0800 085 2219** or visit **www.helpmequit.wales** to access support to quit.





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# RHOI'R GORAU I DDAU, FI A CHI

**Y peth pwysicaf y gallwch ei wneud i wella eich iechyd a diogelu eich babi yw rhoi'r gorau i ysmegu.**

Mae sigarét yn cynnwys dros 4,000 o gemegion. Mae llawer o'r rhain yn wenwynig ac yn eich niweidio chi a'ch baban heb ei eni. Y newyddion da yw, os byddwch yn rhoi'r gorau i ysmegu:

- Rydych yn fwy tebygol o gael beichiogrwydd iachach a babi iachach
- Byddwch yn lleihau'r risg o farw-enedigaeth
- Mae eich babi yn llai tebygol o gael ei eni'n gynamserol
- Mae eich babi yn llai tebygol o gael ei eni gyda phwysau geni isel



**Bydd rhoi'r gorau i smygu hefyd yn arbed arian i chi. Gallai ysmygwr 20 y dydd arbed dros £3500 flwyddyn**



## MONITRO CARBON MONOCSID

Mae carbon monocsid yn nwy gwenwynig sy'n cael ei anadlu i mewn drwy fwg tybaco.

Cynigir monitro CO i bob person beichiog fel rhan o'u gofal arferol. Gofynnir i chi anadlu i mewn i diwb cardfwrdd sydd ynghlwm wrth monitor llaw.

## CYMORTH I ROI'R GORAU IDDI

Ymunwch â'r miloedd o ysmygwyr yng Nghymru sy'n cael cymorth AM DDIM gan y GIG a chynhyrchion disodli nicotin i helpu gyda chwantau. Gall eich bydwaig eich rhoi mewn cysylltiad â'n Gweithiwr Cymorth Mamolaeth pwrpasol ar gyfer:

- Cymorth arbenigol i fenywod beichiog roi'r gorau i smygu
- Gwybodaeth ac arweiniad heb farn
- Mynediad i therapi disodli nicotin AM DDIM
- Cefnogaeth un i un dros y ffôn gan 'Helpa Fi i Stopio'
- Cymorth a gwybodaeth i unrhyw un arall sy'n ysmegu yn eich cartref

Mae rhoi'r gorau i ysmegu yn ystod beichiogrwydd cynnar yn rhoi'r dechrau gorau i'ch babi. Fodd bynnag, nid yw byth yn rhy hwyr i roi'r gorau iddi. Mae cymorth ar gael ar bob cam o'ch beichiogrwydd.

I gysylltu â'n Gweithiwr Cymorth Rhoi'r Gorau i Ysmegu yn ystod Beichiogrwydd, ffônïwch:

**01639 684532**

Ebost:

**SBU.HMQ@wales.nhs.uk**



Mae cymorth rhoi'r gorau i smygu am ddim gan y GIG hefyd ar gael gan 'Helpa Fi i Stopio'. Ffônïwch **0800 085 2219** neu ewch i **www.helpafiistopio.cymru** i gael mynediad at gymorth i roi'r gorau iddi.

