

# 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](http://www.cdc.gov/reproductivehealth/TobaccoUsePregnancy/Resources.htm)



U.S. Department of  
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