

Pregnancy and E-cigarettes

Using e-cigarettes during pregnancy can harm your developing fetus.

E-cigarettes may harm unborn children

Because e-cigarettes are so new, experts don't know all of the harm e-cigarettes can cause to developing fetuses. Using e-cigarettes with and without nicotine may harm your developing fetus's nervous system, which can lead to trouble with learning and memory. Chemicals that are known to harm women and their developing fetus are found in e-cigarette vapor.

E-cigarettes contain nicotine

Right now, the ingredients in e-liquids are not regulated. There is no way to the amounts of chemicals e-liquids contain, including nicotine. E-liquids marketed as nicotine-free have been found to contain nicotine. Pregnant women should not use any form of nicotine.

Nicotine is harmful to unborn children

Nicotine is a highly addictive drug that harms pregnant women and their developing fetus. Nicotine can cause a baby to be born too early and too small. Exposure to nicotine before birth can harm children's brain and lung development. There is no safe level of nicotine for pregnant women, infants or children.

E-cigarettes are not proven to help you quit smoking

E-cigarettes have not been proven to help people quit smoking and are not approved as a way to quit by the Food and Drug Administration. If you are trying to quit smoking or using e-cigarettes, talk with your doctor to create a plan that is safe for you and your developing fetus.

