

Fact Sheet

Nicotine Replacement Therapy in Pregnancy and Breastfeeding

- If you are pregnant or breastfeeding, it is recommended that you stop smoking or vaping straight away.
- If you have tried to stop smoking or vaping before and have been unsuccessful, then Nicotine Replacement Therapy (NRT) may be an option for you.

NRT provides some of the nicotine you would get from smoking or vaping, without the other harmful chemicals in tobacco smoke and vapour. NRT will help you manage your cravings and withdrawal symptoms and make it easier for you to stop smoking or vaping.

While nicotine is not completely harmless, using NRT with the goal to stop smoking or vaping is always safer than smoking cigarettes or using vapes. NRT can be very helpful in quitting smoking or vaping.

If you plan to use NRT products, you should discuss this with your doctor.



What is the best choice of NRT in pregnancy and breastfeeding?

Oral forms of NRT such as gum, lozenge, and mouth spray (or mouth mist) are commonly recommended to help you stop smoking or vaping. You can use these products when you feel the need to smoke/vape, or 10 minutes before the time you would usually smoke/vape.

If you have nausea during pregnancy or you are still experiencing nicotine cravings when using oral NRT, you may like to use the NRT patch. Use the patch during the day and give your body a rest from nicotine by removing the patch at night when you go to bed.

NRT should be used as early on in your pregnancy as possible to help you become smoke-free or vape-free as soon as possible.

Ideally, it is best to stop smoking or vaping if you are breastfeeding. Nicotine from cigarettes, vapes, and NRT can pass into your breastmilk. However, there are many benefits of breastfeeding, and it is recommended that you continue breastfeeding anyway.

If you are using NRT, it is best to use NRT products directly after you breastfeed. This gives your body time to process the nicotine before your next breastfeed.

Remember, the amount of nicotine from NRT is less than the amount in cigarettes and vapes. Nicotine from NRT is less dangerous to your child than second-hand smoke.

Where can I get support to quit?

- **Call Quitline** (13 7848) or request a callback online at [QuitHQ](#) or scan the QR code below:



- **Talk to your doctor**, midwife, pharmacist or health service.
- **Download the 'MyQuitBuddy' app** on your smartphone. For further information, visit [My QuitBuddy app](#) or scan the QR code below:



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