

E-Cigarette Use During Pregnancy & Breastfeeding FAQs

Stop Vaping Now!

The Centers for Disease Control and Prevention (CDC) released a health advisory on August 30, 2019 [urging people to avoid e-cigarettes](#) and other vaping devices. An outbreak of severe lung disease related to vaping has caused severe illness and death in many US states.

The American Academy of Pediatrics joins the CDC to remind parents that e-cigarette use is [never](#) safe for youth, young adults, or pregnant and/or breastfeeding women. [Get the latest outbreak information here](#) and report any symptoms at www.safetyreporting.hhs.gov or call your local poison control center at 1-800-222-1222.

It is proven and well known that [smoking cigarettes during pregnancy](#) is dangerous to the mother and baby's health. But, do you also know e-cigarette use during pregnancy and breastfeeding is risky? E-cigarettes—also known as e-hookah, e-pens, vape pens, or tanks—are NOT a safe way to quit smoking during pregnancy either.

In this article, the American Academy of Pediatrics answers frequently asked questions about e-cigarette use during pregnancy and breastfeeding.

While the number of people who smoke traditional cigarettes has [declined](#) in recent years, the growing popularity of e-cigarettes threatens to undo this progress—and risk babies' exposure to harmful chemicals from smoking.

[E-cigarettes](#) are battery-operated cigarettes that turn chemicals, including nicotine, into a vapor, which is then inhaled. Nicotine is addictive and can damage a developing baby's brain and lungs.

Are e-cigs safe to use while pregnant/breastfeeding?

No, e-cigs are NOT safe to use. Tobacco companies advertise e-cigs as safe alternatives to traditional cigarettes, since they don't release the same chemicals as burning tobacco smoke. However, e-cig vapor or aerosol still contains many other harmful substances. Also, due to the lack of regulation, the chemical compounds in e-cigarettes can vary between brands.

According to the Centers for Disease Control and Prevention (CDC), substances found in e-cig vapor include:

- ultrafine particles that can be inhaled deep into the lungs.
- flavoring like [diacetyl](#), a chemical linked to a serious, irreversible lung disease called obliterative bronchiolitis.
- so-called volatile organic compounds, or gases emitted into the air that may have adverse health effects.
- cancer-causing chemicals such as [nitrosamines](#), formaldehyde, and propylene glycol (a solvent used in anti-freeze).
- heavy metals, including nickel, tin and [lead](#).

E-cigarette vapor can also contain a significant amount of addictive nicotine. For example, each "pod" of e-juice for [JUUL](#) brand e-cigarettes has as much nicotine as a pack of 20 regular cigarettes.

What are the effects of nicotine on a developing fetus and newborn baby?

Research on the effects of vaping on fetuses and newborns has lagged behind the quick rise in e-cigarette use.

Much of what we do know comes from studies of nicotine in tobacco products and smoking, which shows that nicotine is harmful and increases the risk of:

- miscarriage and complications during pregnancy.
- premature birth.
- low birthweight.
- abnormal [brain development](#).
- abnormal lung function and lower respiratory infections such as [bronchitis](#) and [pneumonia](#).
- chronic [ear infections](#).
- [sudden infant death syndrome](#) (SIDS).

Does nicotine from e-cigarettes get into breastmilk?

Yes. Inhaled nicotine enters a mother's blood through her lungs, and then easily passes into breastmilk. [Research](#) shows that nicotine in a mother's breastmilk can affect infant sleep patterns—raising the risk for blood sugar and thyroid problems that can lead children to become [overweight](#). Nicotine is also thought to [decrease milk supply](#) in nursing mothers, possibly by lowering levels of the breastmilk-stimulating hormone prolactin.

If I can't stop vaping or using e-cigarettes, should I still breastfeed?

Don't stop breastfeeding if you smoke. Breastfeeding is good for your baby, so it's better to do it than not, even if you're still smoking.

Because of the many benefits breastfeeding has for infants and moms, the American Academy of Pediatrics and the American College of Obstetrics and Gynecologists recommend breastfeeding even if the mother continues to use e-cigarettes.

If it's not the right time for you to quit, make a plan to reduce your baby's exposure to cigarette smoke:

- Don't smoke while you're feeding your baby. He or she will inhale your smoke or could get burned by the e-cigarette.
- Don't smoke or vape near your baby. If possible, smoke outside. Make your house and car smoke-free to keep your baby away from secondhand smoke.
- After vaping, change your clothes, and wash your hands before holding your baby.
- Nurse your baby before, rather than after, vaping. Your body will have more time to clear the nicotine from breast milk.

Source: https://www.healthychildren.org/English/ages-stages/prenatal/Pages/E-Cigarette-Use-During-Pregnancy-Breastfeeding.aspx?_ga=2.24710908.710088



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