

Is Nicotine Replacement Therapy (NRT) safe in pregnancy?

Source: The Royal Australian College of General Practitioners 2019



Consult your doctor

If other methods of quitting have not worked, with close monitoring from your doctor, you can try quitting smoking using NRT.



Oral forms of NRT is best

- ✓ **Use nicotine lozenges or nicotine gum**
- ✗ **Don't use** nicotine patches, mouth spray or quitting medicines (Varenicline or Bupropion)



Call the Aboriginal Quitline on 13 78 48 to help you through your quitting journey

Remember

NRT is safer for bubup (baby) and mum compared to the 7000 chemicals in cigarettes

Nicotine passes through to the breastmilk so make sure you **only use the nicotine lozenge and gum after the breast feed**

