

INFORMATION FOR PATIENTS

The Phoenix Team

Stop smoking incentive scheme

Stopping smoking is the best thing you can do for your baby.

There are serious risks of smoking during pregnancy. These could be premature birth, increased risk of miscarriage, stillbirth or sudden infant death.



	Maternal smoking	Second-hand smoke
Low birth weight	Average 250g lighter	Average 30-40g lighter
Stillbirth	Double the likelihood	Increased risk
Miscarriage	24-32% more likely	Possible increase
Preterm birth	27% more likely	Increased risk
Heart defects	50% more likely	Increased risk
Sudden infant death	Three times more likely	45% more likely

Stopping smoking helps your baby to develop healthily before and after birth. It's never too late in your pregnancy to stop smoking.

The Phoenix Team are trained tobacco dependence advisors. They can provide you with support to help you stop smoking in pregnancy. Our advisors will discuss what treatment is available for you.

What to expect:

1. At your first appointment, you'll be asked to talk about why you smoke and why you want to stop. Your past stop smoking experiences will help the advisor plan your care.
2. Your advisor will talk to you about stop smoking treatments (nicotine replacement therapy) and which one may suit you best.



3. Your advisor will also talk about our 'Love2Shop' voucher scheme.



4. You will make a personalised stop smoking plan to help you stay smoke free.

Can't decide?

Please use the time to talk to your advisor about any worries you have and then decide. Our advisor can also support a partner or other family member to stop with you.

Contact details

The Phoenix Team is based in Clinic 12, in the Women and Children's outpatient department, which is to the right side of the main entrance at King's Mill Hospital.

Email: sfh-tr.tobaccodependency-maternity@nhs.net

Telephone: 01623 622515, extension 4702, or you can contact us on the maternity unit advice line on 01623 676170, Monday to Friday, between 9.30am and 4.30pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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