

Pregnancy & E-Cigarettes

HOW SAFE IS VAPING DURING PREGNANCY?

WHAT ARE E-CIGARETTES?

E-cigarettes are electronic devices that deliver nicotine via a chemical vapor that is inhaled by the lungs.

They are also known as: Electronic Nicotine Delivery Systems (ENDS) *E-devices * E-pens * E-hookahs * Vape-pipes * Vape-pens * Dap Pens* Dab Rigs * Juice * JUULs * Mods * Pod-Mods * Cigalikes

E-cigarette aerosol is **NOT** just "water vapor"



Prop 65* Chemicals in Vapor

Acetaldehyde
Formaldehyde
Isoprene
Toluene
Lead
Nickel
Nicotine
N-Nitrosornicotine



Metals Found in the Vapor

Aluminum
Chromium
Copper
Iron
Manganese
Nickel
Lead
Antimony
Tin
Zinc



Chemicals That Cause Cancer Found in the Urine of People Who Vape

Acrylonitrile
Acrolein
Propylene Oxide
Acrylamide
Crotonaldehyde



Flavor Danger

Diacetyl
Acetyl propionyl
Acetoin

These known chemicals found in flavorings can damage the lungs.

There are many more chemicals in flavoring that are unknown.

* Proposition 65 (Prop 65) is the Safe Drinking Water and Toxic Enforcement Act of 1986, which requires the State of California to publish a list of chemicals known to cause cancer or birth defects or other reproductive harm.

Sifting Through the Smoke

Nicotine Harms

Nicotine lowers the amount of oxygen and nutrients that can get to the growing fetus.

Higher Nicotine Absorption

E-cigarettes are made to get more nicotine into the bloodstream, with less irritation, than regular cigarettes.

Labeling Problems

Some products labeled as 0% nicotine, actually had nicotine in them when tested in a lab.

COVID-19

People who vape have a higher risk of getting COVID-19 than those who do not use e-cigarettes.

Poisoning

Adults and children can be poisoned by vape juice by swallowing, breathing, or absorbing the liquid through skin and eyes.

WHAT ARE THE POTENTIAL EFFECTS ON BABY?

Early data shows the following but more studies are still needed.



Small Birth Size



Low Birth Weight



RECOMMENDATIONS



Talk to your doctor or trusted health professional.



Text "quit" to (202) 804-9884 for free support.



Seek professional help from a therapist, health coach, or tobacco specialist.



Contact your local PEHSU.



Enroll in a smoking cessation program.



Search online resources below.

If you have concerns or if someone has ingested nicotine, especially a child, call the Poison Help hotline immediately at **1-800-222-1222**

- Pediatric Environmental Health Specialty Unit (PEHSU) www.pehsu.net
- Healthy Children; American Academy of Pediatrics www.healthychildren.org
- American Lung Association www.lung.org
- SmokeFree Programs www.smokefree.org
- National Institute on Drug Abuse www.drugabuse.gov
- Centers for Disease Control and Prevention (CDC) www.cdc.gov/tobacco
- American Association of Poison Control Centers <https://aapcc.org/prevention/tobacco-liquid-nicotine>
- Truth Initiative <https://truthinitiative.org>

Learn More



Pediatric Environmental Health Center

COLUMBIA

THE COLLABORATIVE FOR WOMEN'S ENVIRONMENTAL HEALTH
IN THE DEPARTMENT OF OBSTETRICS AND GYNECOLOGY



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Citations at www.childrenshospital.org/pehc. Data collected July 2021. More current information may be available.

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