

Quit4You

Pregnancy Service

The Isle of Man Quit4Two service offers free help and support to pregnant women, family and friends who want to quit smoking.

When you attend your antenatal booking you will be screened for your exposure to carbon monoxide. This simple test takes only a few seconds and involves blowing into a small tube.

When you smoke a cigarette, the smoke passes from the lungs into your bloodstream. Your blood goes through the placenta and umbilical cord - right into your baby's tiny body.

Carbon monoxide in cigarettes also restricts the oxygen supply, so your baby gets less of the oxygen it needs to grow, and that can affect their development.

Carbon monoxide is in secondhand smoke too. You may be exposed to this at home.

Every time you smoke or breathe in other people's smoke it makes your baby's tiny heart beat harder.

We know that quitting smoking can feel daunting, regardless of whether or not you are pregnant. We can offer confidential, flexible, specialist support and access to free nicotine replacement therapy. We can also support your partner, family or friends too.

Heating appliances (e.g. gas, oil, coal or wood) need to be checked regularly as fumes from these appliances can also contain large amount of carbon monoxide gas.

For concerns about exposure to Carbon Monoxide from heating appliances, call 685811 (DEFA)



Quit4You Pregnancy Referral Form

Name:

Date of Birth: / / (dd/mm/yyyy)

Email:

Home Phone: Mobile:

Signature: Date: / /

Please answer the following:

1. When is your baby due? / /
2. Do you smoke? Yes No
3. Have you quit smoking in the past 2 weeks? Yes No
4. Do you live with someone who smokes? Yes No

If you answered **Yes** to **Question 4**, please provide the following details for this person if you would like an advisor to contact them about quitting smoking.

Name:

Date of Birth: / / (dd/mm/yyyy)

Phone Number:

Clients registering with the Quit4you service register their contact information for the purpose of receiving advice on smoking cessation. As part of your initial assessment and Quit Plan you may be offered Nicotine Replacement Therapy (NRT), in order to receive this prescribed medication we will require your consent to share this prescribed medication with your registered GP Practice, to add to your patient record.

Any information provided by and about you is processed by the Public Health Directorate, Cabinet Office, Quit4You Smoking Cessation Service. Statistical information reported is anonymised. Information will only be shared without consent if there is an express lawful basis for doing so.

The Quit4You service will only process your personal information on a consent basis. You may withdraw your consent at any time by emailing quit4you@gov.im.

For more details on how the Cabinet office uses and protects your personal information visit www.gov.im/co-privacy

For details on how the Public Health Directorate protection your personal marketing information visit www.gov.im/phmarketingstatement

Midwife Name: Date: / /

Signature: Carbon Monoxide: ppm



Please send all completed forms to the Quit4You Team

Email: quit4you@gov.im or visit www.gov.im/quit4you

Public Health Directorate, Cronk Coar, Nobles Hospital, Strang, Douglas, Isle of Man, IM4 4RJ.

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