

## Maternity Stop Smoking Service Patient Testimonial

### Why Quit?

I did not want to quit smoking. Smoking was my break from life, for those five minutes, having a cigarette for peace and quiet. It was my escape. The fear of losing that prevented me from wanting to quit.

### How did you feel before quitting?

When I attended my first midwife appointment, my midwife asked if I was interested in quitting during the pregnancy and I'll admit, I lied when I said yes. I had no interest in quitting whatsoever. However, once I had my first scan and saw my baby for the first time, I quit the next day. I realised that this was really happening and my baby is my concern and for me to protect.

### How does it feel to be smoke free?

Have that first CO reading of less than four felt like such an achievement. Going from not wanting to quit to achieving a non-smoker reading felt amazing. At the end of the day, it is overcoming an addiction, it is not easy. But with regular meetings with my Stop Smoking Service Advisor, the nicotine replacement products available and seeing my baby on the ultrasound, the not so easy to quit, became very easy.

### What was your experience?

Getting help from my Stop Smoking Advisor and the Stop Smoking Service was very good. My Advisor was a massive support for me. Although I was struggling to quit in the first three months, not once did my Advisor ever make me feel bad when I had felt like I had failed, because I hadn't yet quit.

As someone who did not actually want to quit smoking initially, I would highly recommend this service and to attend your appointments because it is doable with guidance, products and support.

Thank you.