

Quit Your Way - Information on the pregnancy incentive scheme

Quit Your Way NHS Lothian helps people in Lothian stop smoking. There is now an incentive scheme for pregnant patients who smoke and want to stop. That means, you can get money for stopping smoking and getting help from Quit Your Way.

Why are we offering an incentive scheme?

- NHS Lothian has been helping pregnant patients for many years. But only a few patients take the help, and even fewer stop smoking.
- Stopping smoking keeps your baby safe. It lowers the chance of miscarriage, your baby being born too early, being too small, or sudden infant death.
- Studies show that pregnant patients are more likely to take help and quit smoking when they get incentives as well as support.

Can I join the incentive scheme?

To join, you must be pregnant and smoke tobacco (Carbon Monoxide breath test validated). You need to live in Lothian and go to an NHS Lothian clinic for pregnancy care.

What does the incentive scheme involve?

- You must come to in-person appointments with the Quit Your Way team at agreed times to have a Carbon Monoxide breath test.
- Pick a day to stop smoking and stay stopped.

How much could I receive?

You can get up to £350 over about 10 months, before and after your baby is born. The money is given in 9 separate payments.

How do I take part?

Ask your midwife to refer you to Quit Your Way. The team will phone you to make an appointment, and they will be able to talk to you more about the scheme.

For more information contact the Quit Your Way NHS Lothian team:

Email: loth.smokefree@nhs.scot

Call: Edinburgh - 01312865113

East & Midlothian - 01315379914

West Lothian - 01506651829