



## 10-Call QuitLine Program for Pregnant Tobacco Users

Idaho QuitLine  
1-800-Quit-Now

### What is the 10-Call QuitLine Program?

The 10-call QuitLine Program is offered to pregnant mothers. The program provides a total of 10 calls during pregnancy and postpartum. This enhanced program includes several intervention calls in the two-week period following a quit attempt—one just before the due date and two calls within two months after the baby's delivery. These calls help the participant to develop skills to remain quit and to reduce health risks to the baby from exposure to secondhand smoke.

### What Can Pregnant Callers Expect?

Quit Coaches make the participants aware of the risks of tobacco use during pregnancy and work to resolve her ambivalence about quitting. Pregnant participants also receive the ***Quit Guide: Need Help Putting Out That Cigarette?***, developed by the American College of Obstetricians and Gynecologists and Smoke-Free Families.

Quit Coaches are trained to respond to an expectant mother's feelings about her pregnancy. They will:

- Emphasize that the health of the woman and her baby will improve if she can quit tobacco use
- Assess unique challenges that the pregnancy may present and consider this information in tailoring a quit plan to her needs.
- Seek out opportunities to educate women about the benefits of quitting and risks of continued tobacco use during the pregnancy and after delivery.

### Is NRT Available to Pregnant Women?

Pregnant women may request NRT from the Idaho QuitLine but they must obtain approval from the primary care provider. In order for a patient to receive NRT, however, an MD, Advanced Practice Registered Nurse, Nurse Practitioner, or Physician Assistant must sign and return the MD override letter to the Idaho QuitLine on the patient's behalf.

Visit [projectfilter.org](http://projectfilter.org) to get free materials and learn more about patient referral programs.



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