



Saint Mary's Managed Clinical Service
Division of Gynaecology

PATIENT INFORMATION LEAFLET

VAPING & THE EFFECT ON FERTILITY

It is well known that smoking reduces fertility in both men and women. Smoking during Pregnancy increases the risks of complications including miscarriage, preterm labour, low birth weight, birth defects for the unborn baby and many more.

WHAT IS VAPING?

Vaping (the use of e-cigarettes) is widely advertised as safer than cigarette smoking. The battery-operated electronic E-cigarettes heat nicotine (extracted from tobacco), flavourings and other chemicals including Propylene Glycol to create an aerosol that you inhale. Regular tobacco cigarettes contain 7,000 chemicals, many of which are toxic.

EFFECTS ON FERTILITY

Recent animal studies have shown that E-cigarettes, even when nicotine free, include many harmful substances that disturb the hormonal balance and reduce the implantation of embryo in women. It also negatively affects the structure and function of the sperms in men. There is a risk that Vaping causes harm to fertility and during pregnancy.

ADVICE FROM THE ICBS

Integrated care boards (ICBs) have advised that, both partners must be non-smoking and not using any product containing nicotine (including E Cigarettes) in order to access any NHS funded fertility treatment and must continue to be non-smoking throughout treatment. If you're trying to conceive, you may want to quit your vaping habit.

REFERENCE

- 1.Szumilas, K., Szumilas, P., Grzywacz, A. & Wilk, A. (2020). The Effects of E-Cigarette Vapor Components on the Morphology and Function of the Male and Female Reproductive Systems: A Systematic Review. *International Journal of Environmental Research and Public Health*, 17(17).
- 2.*E-Cigarette aerosol exposure decreases sperm concentration in Mice* . Daniel Pelzman, Patrick Walsh, Miguel Brieno-Enriquez, Kathleen Hwang, Pittsburgh, PA; University of Pittsburgh

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