

Use of Electronic Cigarettes (e-cigarettes)

A Guide for Health Professionals

Are e-cigarettes safe to use?

E-cigarettes aren't risk free. Current evidence suggests they are much less harmful than smoking

If using an e-cigarette helps the smoker to stay smokefree, it is much safer for them, and their family than continuing to smoke.

Can e-cigarettes be used during pregnancy?

We don't yet know about potential risks to the foetus from exposure to e-cigarette vapour.

Little research has been conducted into the safety of electronic cigarettes in pregnancy; however current evidence would suggest that they are likely to be less harmful to a pregnant woman and her baby than cigarettes.

The safest products to use are licensed nicotine replacement products such as patches and gum.

These are available free on prescription.



Can e-cigarettes help a smoker quit smoking?

The safest products to use are licensed nicotine replacements such as patches and gum

If using an e-cigarette is helpful, it is far safer to use than continuing to smoke

Can they still smoke a bit of tobacco if using an e-cigarettes?

No - every cigarette is harmful to health.

Is it OK for others to use e-cigarettes in the house?

It is far safer than allowing smoking

Secondhand tobacco smoke is very harmful for everyone in the home

There is currently no evidence of harm to others from e-cigarette vapour.



For more information on

NHSGGC
Stop Smoking Services
go to -
www.nhsggc.org.uk/smokefree



Always keep e-cigarettes and e-liquids out of reach of children to avoid accidental poisoning. Always use the correct charger.



E-cigarettes allow you to inhale nicotine through a vapour rather than smoking

E-cigarettes don't burn tobacco and don't produce tar or carbon monoxide

Vapour contains much lower levels of harmful chemicals than smoke

Using an e-cigarette is far safer than smoking