



Use of carbon monoxide (CO) monitors in the antenatal setting during the coronavirus (COVID-19) pandemic

Strong messaging from health professionals about the importance of smoking cessation in pregnancy is an essential component of antenatal care.

While it's not certain that people who smoke are more likely to contract coronavirus, we know that they are at a higher risk of respiratory infections in general. There is also growing evidence to suggest that people who smoke are at increased risk of worse outcomes if they do contract the virus.

The use of CO monitors is becoming more common in the antenatal setting as a motivational tool to illustrate to pregnant women and their partners the impact smoking can have on them and their babies. However, CO monitors should not be considered a stand-alone intervention to support individuals to quit smoking.

To reduce any potential risk of virus transmission and infection, it is suggested that CO monitors are not used during the COVID-19 pandemic.

All pregnant women and their partners who smoke should continue to be offered brief advice to quit smoking.

The brief advice model developed by Quit - **Ask, Advise, Help** - supports smoking cessation and can be delivered in a short time by all health professionals working in the antenatal setting.

Brief advice connects pregnant women who smoke to effective interventions, through referral to a smoking cessation service such as Quitline, and the use of nicotine replacement therapy (NRT) where appropriate.

Brief advice can be effectively delivered in the absence of CO monitoring.

Although designed for general practitioners, the following video provides an example of how to offer advice about smoking cessation without the use of CO monitors:

quit.org.au/generalpractice

Please be advised this is a national statement issued by The Centre of Research Excellence in Stillbirth in partnership with QUIT.

Recommendations in each jurisdiction may differ. We encourage seeking further advice from your individual State and Territory Health Departments.

