

## PATIENT INFORMATION

# Carbon Monoxide Testing

### What is Carbon Monoxide?

Carbon Monoxide is a colourless and odourless poisonous gas that exists in very low levels in the air we breathe but is found in very high concentrations in smoke.

It is believed that it increases the risk of miscarriage, stillbirth, intrauterine growth restriction, sudden infant death, placental abruption, delayed wound healing as well as many other health problems.

To identify pregnant women and people with raised carbon monoxide levels you will be regularly offered a CO breath test throughout your pregnancy journey.

### What does the test involve?

During the test you will be asked to blow hard into a small handheld machine that will take a sample of your breath.

It is recommended that women with a reading of 4 or more are automatically referred to the specialist services. If you are a non-smoker we can help you to identify the source of the carbon monoxide.

### What if I smoke?

The test will give an accurate measurement of how much smoke you actually breathe in which is far more reliable than simply counting the number of cigarettes that you smoke.

You are up to four times more likely to quit successfully with NHS support.

***Please remember that there are no safe levels of smoking during pregnancy and exposure to the smoke of others is also potentially harmful.***

Torbay Smokefree Pregnancy Support Workers can provide you with guidance and support, nicotine replacement therapy and e-cigarettes to help you to quit – improving your own health and reducing the risk to your baby. We recommend that all women and people who smoke in pregnancy, and anyone in their household who smokes, are referred to this service for support.

You can self-refer by emailing [tsdft.smokefreepregnancy@nhs.net](mailto:tsdft.smokefreepregnancy@nhs.net)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet