Zero Tolerance Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester  M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on ‘Comments’.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS)
  Tel: 0161 276 8686
e-mail: pals@cmft.nhs.uk.
- Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

No Smoking Policy

The NHS has a responsibility for the nation’s health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on

Tel: (0161) 205 5998
(www.stopsmokingmanchester.co.uk).

Translation and interpretation service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

Smoking and Fertility

Information For Patients

Saint Mary's Hospital
Department of Reproductive Medicine

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The health risks of tobacco smoking are well known with regard to disease of the heart, lungs and blood vessels, but the impact on reproductive health has never been fully appreciated.

There is now substantial research evidence which suggests that smoking reduces a couple’s chances of successful pregnancy and increases the possibility of adverse health effects on their children.

**Impact of smoking on reproduction in women**
- Increased incidence of infertility.
- The time it takes to conceive is longer in smokers than in non-smokers.
- The impact on fertility of passive smoking is only slightly smaller than for active smoking.
- Cigarette smoking is harmful to a woman’s ovaries and appears to accelerate the loss of eggs and reproductive function and may advance the time of menopause.
- Components in cigarette smoke have been shown to cause a woman’s eggs to be more prone to genetic abnormalities.
- Smoking is strongly associated with an increased risk of miscarriage and possibly ectopic pregnancy.

**Impact of smoking on reproduction in men**
- Men who smoke cigarettes have a lower sperm count and motility and increased abnormalities in sperm shape and function.

**Impact of smoking on assisted reproduction**
- Women undergoing IVF treatment are much less likely to succeed if they smoke.
- Nearly twice as many IVF attempts are required to conceive in smokers than in non-smokers.
- Smokers require higher levels of gonadotrophins (fertility drugs) to stimulate their ovaries.

**Impact of smoking on children**
- Pregnant smokers are more likely to have low birth weight babies and premature birth.
- Women who smoke have also been shown to produce smaller volumes of lower quality breast milk.
- Smoking during pregnancy can lead to fetal malformations such as cleft palate.
- Increased incidence of sudden infant death syndrome, respiratory infection in children and the development of childhood asthma.

**Smoking cessation**
Stopping smoking for at least two months before IVF significantly improves chances of conception. Although long-term smoking can have an irreversible effect on ovarian function, the harmful effect on treatment outcome may, in part, be reversed if smoking is stopped before starting treatment.

For additional information:
NHS smoking helpline 0800 169 0169
www.quitsmokinguk.com
NHS Choices: www.nhs.uk

**References:**
www.advancedfertility.com/smoking.htm
www.asrm.org