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In humans, implantation is the stage of pregnancy at which the embryo adheres to the wall of the uterus. At this stage of prenatal development, the conceptus is called a blastocyst. It is by this adhesion that the embryo receives oxygen and nutrients from the mother to be able to grow.

An implantation dip is a decrease in basal body temperature temperature that occurs on a single day during the implantation window (between 6 and 12 days after ovulation). Women who track their cycles using the temperature method will notice that if they become pregnant, temperature will remain elevated.

In humans, implantation of a fertilized ovum is most likely to occur around nine days after ovulation; however, this can range between six and 12 days.

The reception-ready phase of the endometrium of the uterus is usually termed the "implantation window" and lasts about 4 days. The implantation window occurs around 6 days after the peak in luteinizing hormone levels. With some disparity between sources, it has been stated to occur from 7 days after ovulation until 9 days after ovulation,[2] or days 6-10 postovulation.[3] On average, it occurs during the 20th to the 23rd day after the last menstrual period.[4]

The implantation window is characterized by changes to the endometrium cells, which aid in the absorption of the uterine fluid. These changes are collectively known as the plasma membrane transformation and bring the blastocyst nearer to the endometrium and immobilize it. During this stage the blastocyst can still be eliminated by being flushed out of the uterus. Scientists have hypothesized that the hormones cause a swelling that fills the flattened out uterine cavity just prior to this stage, which may also help press the blastocyst against the endometrium.[5] The implantation window may also be initiated by other preparations in the endometrium of the uterus, both structurally and in the composition of its secretions.

To enable implantation, the uterus goes through changes in order to be able to receive the conceptus.

Implantation is initiated when the blastocyst comes into contact with the uterine wall.

Spotting. Spotting is also known as implantation bleeding. Some women experience spotting between 10 to 14 days after conception, which is around when you will expect your period.

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Further Signs of Successful Implantation

Sensitive breasts. ...

Mood swings. ...

Bloating. ...

Changing tastes. ...

Blocked nose. ...

Constipation.