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**QUESTION: WRITE A SHORT NOTE ON *IMPLANTATION***

**IMPLANTATION**

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.

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

After the sperm and the egg join (conception), the combined cells start multiplying pretty quickly and moving through one of your fallopian tubes to your uterus. This cluster of rapidly growing cells is called a blastocyst.

Once in the uterus, this little bundle of cells has to attach, or implant, into the uterine wall. This step known as implantation triggers rising levels of all those fun pregnancy hormones (estrogen, progesterone, and hCG, or human chorionic gonadotropin).

If implantation doesn’t happen, the uterine lining is shed in the normal monthly period. But if implantation does occur, the hormones sometimes a nuisance, but doing their job cause the placenta and the embryo to develop and the uterine lining to stay in place and support the pregnancy. It most commonly occurs 8 to 9 days after conception. So the exact date of implantation can depend on when ovulation occurs, and whether conception occurred early or late in the ovulation window.

**Possible signs of implantation**

**Bleeding**

Up to 25 percent of women experience bleeding or spotting in the first trimester and implantation is one cause of first trimester bleeding.

Differences that can help to determine when experiencing implantation bleeding or menstruation:

* implantation bleeding is most likely to be light pink or brown (as opposed to the bright or dark red of your period)
* implantation bleeding is more like spotting than an actual flow of blood

This spotting may occur once, or last for a few hours, or even up to three days. Brown discharge may be noticed when you wipe or on your underwear, but full pad or tampon won’t be needed, possibly not for many months.

**Cramps**

Changing hormonal tide can cause cramping. Furthermore, there’s a lot going on in the uterus as the fertilized egg implants and begins to grow.

While there’s no research indicating that implantation itself causes cramps, some women do feel abdominal tenderness, lower back pain, or cramping around the time of implantation. This may seem like a mild version of how you feel before your period starts.

**Discharge**

During ovulation, the cervical mucus will be clear, stretchy, and slippery (sort of like egg whites). After implantation occurs, the mucus might have a thicker, “gummier” texture and be clear or white in color.

And in the days of early pregnancy, rising progesterone and estrogen may cause the mucus to become even thicker, more profuse, and white or yellow in color.

Cervical mucus can be affected by a number of things (hormones, stress, intercourse, pregnancy, implantation bleeding or your period) and may not be a reliable indicator of whether or not implantation has occurred.

**Bloating**

Rising progesterone slows the digestive system down. This can make one feel bloated. This feeling can be a really common symptom of menstruation too.

**Tender breasts**

After implantation, levels of hCG, estrogen, and progesterone all increase rapidly. This can cause the breasts to feel very sore. While many women experience breast swelling or tenderness before their periods, this is likely to be more noticeable than usual in very early pregnancy.

**Nausea**

Increased levels of progesterone following implantation can make one feel nauseous. This most commonly occurs around 4 or 5 weeks of pregnancy.

Progesterone slows down digestion, which can contribute to nausea. Rising hCG levels and a more sensitive sense of smell can make the problem worse.

**Headaches**

While they’re good and necessary for a successful pregnancy, those wildly rising hormone levels (particularly progesterone) can also give headaches following implantation.

**Mood swings**

Estrogen and progesterone, as well as hCG, increase very quickly following implantation. This can make you feel “off” or moodier than usual.

**Implantation dip**

Implantation dip refers to a one-day decrease in the basal body temperature that can occur as a result of implantation.

Typically, a woman’s temperature is lower before ovulation, and then increases, and then drops again before her period starts. If you get pregnant, your temperature remains elevated.

Some women seem to experience a one-day drop in temperature around the time of implantation. This is different than the drop in temperature that means your period is coming, in the case of an imminent period, your temperature would stay low.

In the case of implantation dip, your temp drops for one day and then goes back up. It’s thought that this might be due to a rise in estrogen.

