Implantation

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Pregnancy happens when an egg is fertilized by sperm in the fallopian tubes. Once fertilized, the cells start to multiply and grow. The zygote, or fertilized egg, travels down into the uterus and becomes what’s called a morula. In the uterus, the morula becomes a blastocyst and eventually burrows into the uterine lining in a process called implantation. It is also the window of time during early pregnancy when a cluster of rapidly dividing cells called a blastocyst makes its way down the fallopian tube and burrows deep into the lining of the uterus. There, the newly hatched embryo starts releasing hormones that prepare your body for baby, turning off your period, building up the placenta, and possibly making you feel cramps and tired.

Implantation is often described as a window because it occurs about 8 to 9 days after fertilization, though it can happen as early as 6 days and as late as 12 days after ovulation. While many consider fertilization to be the start of pregnancy, successful implantation is the more crucial hurdle.

The signs and symptoms of implantation are your body's way of welcoming you to pregnancy. While many women don't feel anything during the process, many women also experience these symptoms which include?

**Missed period:** A missed period is one of the most telltale signs of early pregnancy

**Breast tenderness:** The breasts may swell or feel tender as the hormones change.

**Moodiness:** The woman may become more sensitive or emotional due to hormonal changes

**Food aversions:** You may become sensitive to different tastes or smells, especially with food.

**Bloating:** While bloating is common before the period begins, it’s also a possible sign of pregnancy. Any hormonal change can trigger bloating.

**Nasal congestion:** Hormones may make the mucous membranes in your nose swell and feel runny or stuffy. You may also experience nose bleeds.

**Constipation:** Hormonal changes can also slow your body’s digestive system down.

The symptoms of early pregnancy can vary greatly from woman to woman. Some women experience mild implantation cramping several days after ovulation, while others do not. Along with cramping, you may experience what is called implantation bleeding or spotting. This usually happens 10 to14 days after conception, around the time of your usual period. Implantation bleeding is usually much lighter than your regular menstrual period bleeding.

**When should the symptoms of implantation be expected?**

There’s only a short window of time in which the blastocyst can implant into the uterine wall. This window usually includes days 6 through 10 after conception. By this time, the estrogen levels are lowering and the uterine wall is being prepared to accept implantation by the hormone progesterone. If the blastocyst does implant into the uterine wall, your body will begin forming portions of placenta. Within two weeks, there will be enough of the human chorionic gonadotropin (hCG) hormone present to trigger a positive pregnancy test result. Other early pregnancy symptoms may begin to develop shortly after successful implantation. If pregnancy hasn’t occurred, your estrogen levels will build up again and the uterine wall will prepare to shed itself. The onset of your period will reset your menstrual cycle.