**AKANIMO EMEM**

**18/MHS02/026**

**NURSING SCIENCE**

**200L**

**PHS 212**

Fertilization

**1 Write a short note on implantation.**

 Before a person can get prgnant there are things that need to happen in the body to result in pregnancy. After the sperm and the egg join (coception) , the combined cells start multplying pretty quickly and moving through one of the fallopian tubes to the uterus . The cluster of growing cells growing cells is called a blastocyst.

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

If implantation doesn't happen, your uterine lining is shed in your normal monthly period. Butif implantation does occur , your hormones cause the placenta and the embryo to develop and your uterine lining to stay in place and support your pregnancy.

Implantation takes place between 6 and 12 days after you ovulate . It most commonly occurs 8 to 9 days after conception . so the exact date of implantation can depend on when you ovulated, and whether conception occured early or late in the ovulation window.

**SYMPTOMS/ SIGNS THAT IMPLANTATION HAS OCCURED**

1. BLEEDING: implantation bleeding is most likely to be light pink or brown as oppposed the bright or dark red. It is more like spotting than an actual flow of blood
2. CRAMPS: feeling of abnormal tenderness, lower back pain, or cramping around the time o implantation. this may seem like a mild version of how you feel before your period starts.
3. DISCHARGE: Change in cervical mucus, mucus will be clear or white in colour, stretchy, slippery, and thicker.
4. BLOATING: rising progesterone slows the digestive system down.
5. TENDER BREAST: the levels of hCG, estrogen, progesteronetone increases rapidly which causes the breast to be sore, swollen or tender.
6. NAUSEA: most pregnant women experience nausea also known as morning sickness
7. HEADACHES: wildly raising hormone levels particularly progesterone can give headaches.
8. MOOD SWINGS: estrogen, progesterone, hCG increases during implantation which results to making the pregnant woman feel moody and irritated at times.