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# MATRIC NUMBER; 18/MHS02/157

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# QUESTIONS

Write a short note on implantation

# ANSWERS

Implantation is the time when the fertilized egg successfully attaches and implants into the lining of the uterine wall. Although the egg may have been fertilized over a week before, it’s only after implantation that your body starts producing hCG—human chorionic gonadotropin, also known as the hormone that’s picked up by pregnancy tests.

# 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.

This bleeding can be confusing, because it may happen around the time that your regular period would start. Most commonly though, it will occur a few days to a week before you expect your menstrual period.

There are other differences that can help you determine whether you are experiencing implantation bleeding or your period:

* 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. You may notice some pink or brown discharge when you wipe or on your underwear, but you won’t need a full pad or tampon , possibly not for many months!

### Cramps

It’s no secret that early pregnancy causes a rapid shift of hormones. More specifically, implantation is a trigger for the hormone surge, that’s why you can’t get that second pink line on a home pregnancy test until after implantation.

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

 cervical mucus changes around the time of implantation .During ovulation, cervical mucus will be clear, stretchy, and slippery (sort of like egg whites). After implantation occurs, 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 mucus to become even thicker, more profuse, and white or yellow in colour. Cervical mucus can be affected by a number of things (hormones, stress, intercourse, pregnancy, implantation bleeding or your period, etc.) and may not be a reliable indicator of whether or not implantation has occurred.

### Bloating

Rising progesterone (which happens in early pregnancy) slows your digestive system down. This can make you feel bloated. this feeling can be a really common symptom of period too. Progesterone also rises when your period is imminent.

### Tender breasts

After implantation, levels of hCG, estrogen, and progesterone all increase rapidly. This can cause your boobs 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 you feel nauseous. this most commonly occurs around 4 or 5 weeks of pregnancy (about the time you miss your period).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

 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.