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**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 ae to grow.

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

The embryo implantation occurs on the sixth or seventh day after ovulation. This process has three stages:

* In the first stage, the embryo attaches to the uterine wall (the lining is endometrium). This initial phase of the implantation process is called adplantation. During this stage, the embryo is about five to six days old.
* In the second stage, the fertilized egg penetrates the uterine wall so that it is secure in the uterus. This process is the adhesion of the blastocyst to the endometrium.
* In the third stage, the embryo finally embeds deep inside the uterine wall. At this point, the ovum is located in the endometrial cavity, and as the endometrium grows, the cavity is wrapped better.

## Possible signs of implantation

### Bleeding

It’s actually a little unclear how common implantation bleeding is. Some sources claim that one-third of all women who become pregnant experience implantation bleeding, but this actually isn’t backed by peer-reviewed research.

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.

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

If you’ve been monitoring your cervical mucus, good work, future mama! Being aware of what’s going on with your body can be empowering when trying to conceive.

You may notice some cervical mucus changes around the time of implantation.

During ovulation, your cervical mucus will be clear, stretchy, and slippery (sort of like egg whites). You probably already know this as your green light to get your baby dance on.

After implantation occurs, your 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 your 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, etc.) and may not be a reliable indicator of whether or not implantation has occurred.

Start tracking your cervical mucus while you’re not pregnant, and a more useful indicator may be how different it is from your norm during each stage of your cycle.

### Bloating

Rising progesterone (which happens in early pregnancy) slows your digestive system down. This can make you feel bloated. But as so many of us know, this feeling can be a really common symptom of your period, too. Want to know why? Progesterone also rises when your period is imminent. Thanks, hormones.

### Tender breasts

After implantation, levels of hCG, estrogen, and progesterone all increase rapidly. This can cause your boobs to feel very sore. (These hormones sure are multitaskers!) While many women experience breast swelling or tenderness before their periods, this is likely to be more noticeable than usual in very early pregnancy.