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Question

Write a short note on IMPLANTATION.

WHAT IS IMPLANTATION

Implantation is 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 crampy and tired.

It 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.

What are the signs and symptoms of implantation?

The signs and symptoms of implantation are the body's way of welcoming you to pregnancy. While many women don't feel anything during the process, others report swollen breasts, light bleeding, and a tender abdomen. Some feel woozy or have headaches. The difference between implantation symptoms and the period can be confusing.

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 one gets pregnant, the 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, the temperature would stay low.

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

POSSIBLE SIGNS OF IMPLANTATION

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. Blood flows when cells shed from the oxygen-rich tissue that lines your uterus during the process.

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.
- Unlike your period, implantation probably won't flow or contain clots, and should stop within a day or two.

Implantation Bleeding Causes

After a sperm fertilizes your egg, the combination becomes an embryo. It travels to your uterus, where it implants itself into the lining. Sometimes, as the embryo attaches, it causes a little bleeding. It doesn't mean the baby will have problems.

How Long Does Implantation Bleeding Last?

Unlike most periods, it usually stops after 1 or 2 days.

Cramps

It's no secret that early pregnancy causes a rapid shift of hormones. More specifically, implantation is a trigger for the hormone surge. 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.

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 the 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 the digestive system down. This can make one feel bloated. This feeling can be a really common symptom of the period. Progesterone also rises when your period is imminent.

Tender breasts

After implantation, levels of hCG, estrogen, and progesterone all increase rapidly. This can cause the boobs to feel very sore.

Nausea

The most famous of the early pregnancy symptoms: nausea, aka "morning sickness" (though it can happen at any time of day). Increased levels of progesterone following implantation can make you feel nauseous. But again, 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.

Mood swings

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