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Implantation

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 the body starts producing hCG—human chorionic gonadotropin, also known as the hormone that's picked up by pregnancy tests.

Implantation occurs about 8-10 days after ovulation, but it can happen as early as six and as late as 12. This means that for some women, implantation can occur around cycle day 20, while for others, it can be as late as day 26. Implantation typically lasts only a few days. Once it's complete and the fertilized egg—now called an embryo—is burrowed snugly inside the uterine wall, it will begin to produce hCG. The body's progesterone levels will also begin to rise, nourishing the uterine lining and preventing period from beginning.

Some implantation symptoms in early pregnancy are :

Implantation cramps : Some women may notice some minor cramping right around the time implantation is taking place. Though there's no way to know for sure what's actually going on, this cramping is due to the rise in progesterone that occurs during the second half of the cycle, whether you're pregnant or not.

Implantation bleeding: Defined as a small amount of bleeding or spotting that can occur after conception and a few days before the menstrual cycle, implantation bleeding is light, stops on its own and doesn't require treatment. It's experienced by about a third of all pregnant women.

Nausea : Often some of the first tip-offs that something might be up, nausea and vomiting are popular—and unpleasant—implantation symptoms in early pregnancy. One may also start noticing changes in appetite or getting grossed out by foods previously loved.

Tender breasts: As your hormones change, one may start to notice breasts starting to swell and feeling a lot more sensitive than usual.

Constipation and bloating

Fatigue: Often a sign of early pregnancy, caused by a rise in progesterone and increased blood volume.

Headaches: Another side effect of increased blood volume during pregnancy.

Mood swings.