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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 able to grow.

If implantation doesn't happen, your uterine lining is shed in your normal monthly period a serious disappointment if you're trying to get pregnant, but a reminder that your body is likely prepping for you to try again.

But if implantation occurs, your hormones are sometimes a nuisance, but doing their job because the placenta and the embryo (your future baby) to develop and your uterine lining to stay in place and support your pregnancy.

In humans, implantation of a fertilized ovum is most likely to occur around nine days after ovulation; however, this can range between six and 12 days. 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 occurred early or late in the ovulation window

SYMPTOMS

- **Bleeding:** Up to 25 percent of women experience bleeding or spotting in the first trimester and implantation is one cause of first trimester bleeding. 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
- **Cramps:** 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:** 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)
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.
- **Tender breasts:** After implantation, levels of hCG, estrogen, and progesterone all increase rapidly. This can cause the breasts 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.
- **Implantation drip:** This refers to a one-day decrease in your 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, when pregnant your temperature remains elevated.
Some women seem to experience a one-day drop in temperature around the time of implantation, and temperature would stay low. In the case of implantation dip, your temp drops for one day and then goes back up.

In conclusion, some women notice signs and symptoms that implantation has occurred. Signs may include: light bleeding, cramping, nausea, bloating, sore breasts, headaches, mood swings, and possibly a change in basal body temperature.

But many of these signs are very similar to PMS. Additionally, most women experience no signs of implantation at all and are in fact pregnant. The best way to know if you're pregnant is to take an at-home pregnancy test or call your doctor.