

**Chapter 1 : How Soon Can You Tell If You're Pregnant? How to Know for Sure | WeHaveKids**

*If this happens, the best thing to do next is to test for pregnancy at home, wait till it turns pink and then visiting your doctor. However, there are a lot of early signs of pregnancy before a missed period in women.*

**Male Fertility** How can you tell if you are getting your period, or if you are experiencing early pregnancy bleeding? Some women continue to have periods while they are pregnant, but how common is that? How can you tell if it is implantation bleeding or if your period is here? When is bleeding enough to warrant contacting your doctor? Those are all very important and valid questions, and today we are going to help you figure them all out. Implantation bleeding occurs in about one third of pregnant women. It usually happens about a week after you ovulate, or three weeks from the date of your last menstrual period. Implantation bleeding is normally pinkish or brownish in color, and it will come before your period is due. Implantation bleeding can be differentiated from a period by the lack of accompanying symptoms. With implantation bleeding, there will be no cramps, no breast tenderness, and no irritability like with PMS. There are usually no other symptoms other than the blood, which is usually darker than normal menstrual blood. Implantation bleeding or period? The only real way to know if it is implantation bleeding or your period, if you can not tell on your own, is to take a pregnancy test. You will have to wait until the date that your period should start to get an accurate result. However, if you can not wait, and take a pregnancy test before your period is due, you do have a risk of getting a false positive result even if you really are pregnant, since there probably will not be enough hCG in your body yet to be detected by a test.

**Early pregnancy bleeding** If you are bleeding and think you may be pregnant, the first thing to do is take a test to be sure. If you get a negative result, it could be implantation bleeding and you are testing too early for the test to detect hCG in your system, or it could simply be your period. Bleeding during your first trimester is actually fairly common, affecting about 20 to 30 percent of women. Sometimes the changes to your uterus during early pregnancy, including the increased blood flow to the area, can cause some light spotting or bleeding for a day or so. Many pee-on-a-stick addicts take pregnancy tests daily for weeks straight for the reassuring, darkening double line on that pregnancy test. And good thing for the ConceiveEasy TTC Kit offer above, as you can get 20 free pregnancy tests to help you cost-wise just for trying out the kit.

**Possible miscarriage** However, if the bleeding continues, gets heavier, or is accompanied by pain such as cramping or back pain, you need to see a doctor. Bleeding during early pregnancy is sometimes a sign of miscarriage. About half the time, bleeding during pregnancy is a sign of miscarriage, and the other half of the time it is not. So, a good rule of thumb to remember is that if the bleeding is enough to be a cause of concern for you, you should see your doctor. Where your pregnancy is concerned, it is always better to be safe than sorry. Bleeding associated with a miscarriage is generally brighter red in color, more copious and is often associated with cramping and pain. Do keep this in mind. Whereas, with implantation bleeding is usually much lighter in amount, and pink or brownish in color. Just let your body heal, wait for your cycles to renew themselves again, and try again. Women who try to conceive shortly after miscarriage are generally more successful, so have faith. Good luck to you!

## Chapter 2 : Ovulation - Understanding Ovulation Cycles

*After 12 months of trying and the abovementioned chemical pregnancy, I finally conceived and had the following symptoms - implantation pain 7 days after ovulation and creamy white discharge starting around 4 days before my period.*

The start of pregnancy is actually the first day of your last menstrual period. The eggs develop in small fluid-filled cysts called follicles. Normally, one follicle in the group is selected to complete maturation. This dominant follicle suppresses all the other follicles in the group, which stop growing and degenerate. The mature follicle opens and releases the egg from the ovary ovulation. After ovulation, the ruptured follicle develops into a structure called the corpus luteum, which secretes progesterone and estrogen. The progesterone helps prepare the endometrium lining of the uterus for the embryo to implant. On average, fertilization occurs about two weeks after your last menstrual period. When the sperm penetrates the egg, changes occur in the protein coating around it to prevent other sperm from entering. If a Y sperm fertilizes the egg, your baby will be a boy; if an X sperm fertilizes the egg, your baby will be a girl. Human chorionic gonadotrophin hCG is a hormone present in your blood from the time of conception. It is produced by cells that form the placenta and is the hormone detected in a pregnancy test. However, it usually takes three to four weeks from the first day of your last period for the hCG to increase enough to be detected by pregnancy tests. Within 24 hours after fertilization, the egg begins dividing rapidly into many cells. It remains in the fallopian tube for about three days. The fertilized egg called a blastocyte continues to divide as it passes slowly through the fallopian tube to the uterus where its next job is to attach to the endometrium a process called implantation. Before this happens, the blastocyte breaks out of its protective covering. When the blastocyte establishes contact with the endometrium, an exchange of hormones helps the blastocyte attach. Some women notice spotting or slight bleeding for one or two days around the time of implantation. The endometrium becomes thicker and the cervix is sealed by a plug of mucus. Your developing baby is called an embryo from the moment of conception to the eighth week of pregnancy. After the eighth week and until the moment of birth, your developing baby is called a fetus. The development stages of pregnancy are called trimesters, or three-month periods, because of the distinct changes that occur in each stage. Month by Month Month 1 As the fertilized egg grows, a water-tight sac forms around it, gradually filling with fluid. This is called the amniotic sac, and it helps cushion the growing embryo. The placenta also develops. The placenta is a round, flat organ that transfers nutrients from the mother to the baby, and transfers wastes from the baby. A primitive face will take form with large dark circles for eyes. The mouth, lower jaw, and throat are developing. Blood cells are taking shape, and circulation will begin. The tiny "heart" tube will beat 65 times a minute by the end of the fourth week. Each ear begins as a little fold of skin at the side of the head. Tiny buds that eventually grow into arms and legs are forming. Fingers, toes and eyes are also forming. The neural tube brain, spinal cord and other neural tissue of the central nervous system is well formed. The digestive tract and sensory organs begin to develop. Bone starts to replace cartilage. After the 8th week, your baby is called a fetus instead of an embryo. Your baby can open and close its fists and mouth. Fingernails and toenails are beginning to develop and the external ears are formed. The beginnings of teeth are forming. By the end of the third month, your baby is fully formed. All the organs and extremities are present and will continue to mature in order to become functional. The circulatory and urinary systems are working and the liver produces bile. At the end of the third month, your baby is about 4 inches long and weighs about 1 ounce. The fingers and toes are well-defined. Eyelids, eyebrows, eyelashes, nails, and hair are formed. Teeth and bones become denser. Your baby can even suck his or her thumb, yawn, stretch, and make faces. The nervous system is starting to function. The reproductive organs and genitalia are now fully developed, and your doctor can see on ultrasound if you are having a boy or a girl. By the end of the fourth month, your baby is about 6 inches long and weighs about 4 ounces. Month 5 You may begin to feel your baby move, since he or she is developing muscles and exercising them. This first movement is called quickening. This coating is shed just before birth. The eyelids begin to part and the eyes open. Baby responds to sounds by moving or increasing the pulse. You

may notice jerking motions if baby hiccups. If born prematurely , your baby may survive after the 23rd week with intensive care. By the end of the sixth month, your baby is about 12 inches long and weighs about 2 pounds. Month 7 Your baby will continue to mature and develop reserves of body fat. He or she changes position frequently and responds to stimuli, including sound, pain, and light. The amniotic fluid begins to diminish. At the end of the seventh month, your baby is about 14 inches long and weighs from 2 to 4 pounds. If born prematurely, your baby would be likely to survive after the seventh month. Month 8 Your baby will continue to mature and develop reserves of body fat. You may notice that your baby is kicking more. Most internal systems are well developed, but the lungs may still be immature. Your baby is about 18 inches long and weighs as much as 5 pounds. Month 9 Your baby continues to grow and mature: Baby is definitely ready to enter the world! You may notice that your baby moves less due to tight space. The baby drops down in your pelvis. Your baby is about 18 to 20 inches long and weighs about 7 pounds. Cleveland Clinic is a non-profit academic medical center. Advertising on our site helps support our mission. We do not endorse non-Cleveland Clinic products or services.

### Chapter 3 : Symptoms of pregnancy: What happens first - Mayo Clinic

*"Any woman thinking about getting pregnant in the next three to six months should start taking a daily multivitamin with micrograms of folic acid," says Dr. Wider.*

**Overview** From glowing skin to a newfound appreciation for your body, there are many things to love about pregnancy. When your period returns often depends on whether or not you breastfeed. And just like your life after baby, you might find your periods after pregnancy are somewhat different. When will my period return? If you do breastfeed, the timing for a period to return can vary. Those who practice exclusive breastfeeding might not have a period the entire time they breastfeed. If your period does return quickly after giving birth and you had a vaginal delivery, your doctor might recommend that you avoid using tampons during your first menstruation post-baby. This is because your body is still healing, and tampons could potentially cause trauma. Ask your doctor if you can return to using tampons at your six-week postpartum checkup. Prolactin, the hormone needed to produce breast milk, can suppress reproductive hormones. Will my period affect my breast milk? The hormonal changes that cause your body to have your period may also influence your breast milk. For instance, you might notice a decrease in your milk supply or a change in how often your baby wants to nurse. What about birth control? Some use breastfeeding as a natural birth control method. The key here is exclusive breastfeeding. Other than breast milk, no fluids or solids are given to the baby with exclusive breastfeeding. Safe and effective birth control methods are available for those who are breastfeeding. Nonhormonal options such as the copper intrauterine device IUD, condoms, and diaphragms are always safe for breastfeeding. There are also some hormonal birth control options that are considered safe during breastfeeding. Your doctor can provide the latest updates on specific types of birth control. Progestin-only pills are also safe to use while breastfeeding. Your body is once again adjusting to menstruation. You may experience some of the following differences:

**Chapter 4 : 20 Early Signs of Pregnancy Before Missed Period | Pregnancy Related**

*A missed period is the most common reason for women to take a pregnancy test. But some women experience pregnancy symptoms days before their period is due. As a result of the shift in hormones, tiny changes take place in the body that alert the woman that she may be pregnant even before a positive.*

What happens first Do you know the early symptoms of pregnancy? From nausea to fatigue, know what to expect. Could you be pregnant? The proof is in the pregnancy test. Know the first signs of pregnancy and why they occur. Classic pregnancy signs and symptoms The most common early signs and symptoms of pregnancy might include: However, this symptom can be misleading if you have an irregular menstrual cycle. Early in pregnancy hormonal changes might make your breasts sensitive and sore. The discomfort will likely decrease after a few weeks as your body adjusts to hormonal changes. Nausea with or without vomiting. Morning sickness, which can strike at any time of the day or night, often begins one month after you become pregnant. However, some women feel nausea earlier and some never experience it. You might find yourself urinating more often than usual. The amount of blood in your body increases during pregnancy, causing your kidneys to process extra fluid that ends up in your bladder. Fatigue also ranks high among early symptoms of pregnancy. During early pregnancy, levels of the hormone progesterone soar “ which might make you feel sleepy. Other pregnancy signs and symptoms Other less obvious signs and symptoms of pregnancy that you might experience during the first trimester include: The flood of hormones in your body in early pregnancy can make you unusually emotional and weepy. Mood swings also are common. Hormonal changes during early pregnancy can cause you to feel bloated, similar to how you might feel at the start of a menstrual period. Sometimes a small amount of light spotting is one of the first signs of pregnancy. Known as implantation bleeding, it happens when the fertilized egg attaches to the lining of the uterus “ about 10 to 14 days after conception. Implantation bleeding occurs around the time of a menstrual period. However, not all women have it. Some women experience mild uterine cramping early in pregnancy. Hormonal changes cause your digestive system to slow down, which can lead to constipation. Like most other symptoms of pregnancy, these food preferences can be chalked up to hormonal changes. Increasing hormone levels and blood production can cause the mucous membranes in your nose to swell, dry out and bleed easily. This might cause you to have a stuffy or runny nose. Are you really pregnant? Likewise, you can be pregnant without experiencing many of these symptoms. Still, if you miss a period and notice some of the above signs or symptoms, take a home pregnancy test or see your health care provider. If your home pregnancy test is positive, make an appointment with your health care provider. The sooner your pregnancy is confirmed, the sooner you can begin prenatal care.

*Pregnancy and Conception. Most of the time, you won't know the exact day you got pregnant. It usually happens about 2 weeks before your next period. Hormones Rise.*

Sign up now Family planning: Get the facts about pregnancy spacing Pregnancy spacing is an essential part of family planning. Understand the importance of pregnancy spacing and what factors to consider before you conceive again. Considering having another child? Pregnancy spacing can affect more than how close your children are in age. Why is family planning important? Are you and your partner ready to take care of a newborn again? How will your other child or children react to sharing your attention with a new baby? The timing of your pregnancies is important, too. What are the risks of spacing pregnancies too close together? Research suggests that beginning a pregnancy within six months of a live birth is associated with an increased risk of: Premature birth The placenta partially or completely peeling away from the inner wall of the uterus before delivery placental abruption Low birth weight Congenital disorders Schizophrenia In addition, recent research suggests that a pregnancy within less than two years of a live birth might be associated with an increased risk of autism in second-born children. The risk is highest for pregnancies spaced less than 12 months apart. Closely spaced pregnancies might not give a mother enough time to recover from pregnancy before moving on to the next. For example, pregnancy and breast-feeding can deplete your stores of nutrients, particularly folate and iron. Are there risks associated with spacing pregnancies too far apart? Some research also suggests that long intervals between pregnancies pose concerns for mothers and babies. A pregnancy five years or more after giving birth is associated with an increased risk of high blood pressure and signs of damage to another organ system, often the kidneys preeclampsia. Unmeasured factors, such as maternal illnesses, might play a role too. To reduce the risk of pregnancy complications and other health problems, research suggests waiting 18 to 24 months but less than five years after a live birth before attempting your next pregnancy. Balancing concerns about infertility, women older than 35 might consider waiting 12 months before becoming pregnant again. Choosing when to have another baby is a personal decision. When planning your next pregnancy, you and your partner might consider various factors in addition to the health risks and benefits. Until you make a decision about when to have another child, use a reliable method of birth control. What else do I need to know about pregnancy spacing? However, understanding the risks associated with timing your pregnancies too close together or too far apart can help you make an informed decision about when to grow your family.

## Chapter 6 : About Your Privacy on this Site

*The woman should avoid pregnancy during this time because the elevated hCG levels associated with pregnancy would cause confusion as to whether cancer had developed. A client at 10 weeks' gestation has developed cholecystitis.*

During PMS, breast swelling and tenderness can occur during the second half of your menstrual cycle. Tenderness ranges from mild to severe, and is usually the most severe right before your period. Women in their childbearing years tend to have more severe symptoms. Breast tissue may feel bumpy and dense, especially in the outer areas. You may have a feeling of breast fullness with tenderness and a heavy, dull pain. The pain often improves during your period or right after, as your progesterone levels decrease. Your breasts during early pregnancy may feel sore, sensitive, or tender to the touch. They may also feel fuller and heavier. This tenderness and swelling will usually happen one to two weeks after you conceive, and it can last for a while as your progesterone levels rise due to your pregnancy. When you have your period, the flow is noticeably heavier and can last up to a week. This typically happens 10 to 14 days after conception and is usually not enough to fill pads or tampons. You may be irritable and feel a bit grouchy during PMS. You may also have crying spells and feel anxious. These symptoms typically go away after your period starts. Getting some exercise and plenty of sleep may help take the edge off of your PMS moodiness. However, if you feel sad, overwhelmed, hopeless, or lack energy for two weeks or more, you could be depressed. Be sure to talk to your doctor. You may be ecstatic and excited, looking forward to the new member of your family. You may also have moments of sadness and cry more easily. As with PMS, these latter symptoms can also indicate depression. Depression during pregnancy is common, and it can “ and should “ be treated. Tiredness or fatigue is common during PMS, as is trouble sleeping. These symptoms should go away when your period starts. Getting some exercise can help improve your sleep and lessen your fatigue. Fatigue can be more pronounced during your first trimester , but it can last throughout your pregnancy as well. To help your body cope, be sure to eat well and get lots of sleep. Bouts of nausea often begin a month after you get pregnant. Vomiting may or may not accompany the nausea. Despite the name, morning sickness can occur at any time of the day. However, not all women experience morning sickness. Food cravings and aversions PMS: You may crave chocolate, carbohydrates, sugars, sweets, or salty foods. Or you may have a ravenous appetite. You may have highly specific cravings , and you may be totally uninterested in other foods. You may also have an aversion to certain smells and tastes, even ones you once liked. These effects can last throughout pregnancy. You could also have pica , in which you compulsively eat items that have no nutritional value, such as ice, dirt, dried paint flakes, or pieces of metal. If you have cravings for nonfood items, talk to your doctor right away. If you have PMS, you may experience dysmenorrhea , which are cramps that happen 24 to 48 hours before your period. The pain will probably decrease during your period and eventually go away by the end of your flow. Menstrual cramps will often decrease after your first pregnancy or as you age. Some women will experience more cramping as they start to go into menopause. Early in pregnancy, you may experience mild or light cramping. The best way to tell the difference between symptoms of PMS and early pregnancy is to take a pregnancy test. If you have questions or concerns about any of your symptoms, be sure to see your doctor. Healthline and our partners may receive a portion of revenues if you make a purchase using a link above.

## Chapter 7 : Miscarriage - Wikipedia

*Period cycles can change from what you experienced before pregnancy. If anything seems out of the ordinary about your first period after pregnancy, contact your doctor. READ THIS NEXT.*

Whether you are trying to get pregnant or looking for ways to avoid pregnancy while engaging in sex , a common question is whether or not you can have sex and get pregnant on your period? Similarly, many people ask can you get pregnant right after your period or is it possible to get pregnant right before your period. You are not alone if either of these is one of your questions. The probabilities of getting pregnant in these different situations vary. Some of the situations noted above are better for trying to conceive than the other, while one of the above is better for having sex with a lesser chance of getting pregnant. The question about whether you can get pregnant on your period or not is probably the most common of the three situations noted above. The answer is yes and no. The probability is that you would not get pregnant having sex during your period. Apart from being messier and less desirable, having sex during your period will more than likely not result in getting pregnant. More than likely, your ovulation is several days away decreasing any chances of conceiving during this time. However, there are exceptions. The above applies to women who have typical 28 to 30 day or longer cycles. If you happen to be one of the individuals who has a shorter cycle there is a chance you could get pregnant while having sex during your period. Sperm can live inside you for 2, 3 and up to 5 days. You could have sex towards the end of your bleeding and then actually conceive 4 or 5 days later with your early ovulation. The probabilities of getting pregnant while on your period are low, but the possibilities are there. This is not the time to have sex if you are trying to get pregnant. Yes, you can get pregnant right after your period. You are actually starting to move into your fertility window. On a typical cycle that occurs every 28 to 30 days, the fertility window is usually between Day 11 and Day 17. As noted above sperm can live 2, 3 and up to 5 days. If your period bleeding time last for 5 to 7 days, and you have sex right after that, you are approaching your fertility window. If you stop bleeding on Day 6, have sex on Day 7, and ovulate on Day 11, it is possible that the sperm from Day 6 will be waiting in your fallopian tubes for conception. Of course, your chances of conceiving right after your period increase with each day after your bleeding has stopped. If you are trying to conceive this is a good time to start having sex. Increase your chances of conception by having sex every other day for the next 14 days. The likelihood of getting pregnant right before your period is extremely low. For women who have a typical cycle of 28 to 30 days or longer and their cycles are regular, it is fairly safe to say that your ovulation occurred between Day 11 and Day 17. The egg is only available for 12 to 24 hours for conception. This would mean that the days right before your period are the safest for having sex without the expectation of getting pregnant. If you know when ovulation occurred and you wait for 36 to 48 hours later, then you should be beyond the possibilities of conception. The further you move away from ovulation, the less likely your chance will be for conceiving. This is not the time to be having sex if you are trying to conceive. However, it is still a good time to enjoy the intimacy with your partner. If you are trying to get pregnant, the President of the American Pregnancy Association wrote the book, the Essential Guide to Getting Pregnant , specifically to help those who were trying to get pregnant. The book shares what each couple needs to know to maximize their chances to conceive. June 12, at 9:

**Chapter 8 : 3 Ways to Know the Earliest Pregnancy Signs - wikiHow**

*Pregnancy: For some, one of the first signs of pregnancy is light vaginal bleeding or spotting that's usually pink or dark brown. This typically happens 10 to 14 days after conception and is.*

If an egg is not fertilized, it disintegrates and is absorbed into the uterine lining. Ovulation can be calculated by starting with the first day of the last menstrual period LMP or by calculating days from the next expected period. Most women ovulate anywhere between Day 11 – Day 21 of their cycle, counting from the first day of the LMP. It is important to track your cycle and fortunately, there are a number of free fertility charting tools available to help women identify their peak fertile days. If you are trying to get pregnant, this eBook shows you the quickest and easiest way: The first part of the ovulation cycle is called the follicular phase. This phase starts the first day of the last menstrual period LMP and continues until ovulation. This first half of the cycle can differ greatly for each woman lasting anywhere from 7 days to 40 days. The second half of the cycle is called the luteal phase and is from the day of ovulation until the next period begins. The luteal phase has a more precise timeline and usually is only days from the day of ovulation. This ultimately means that the day of ovulation will determine how long your cycle is. This also means that outside factors like stress, illness, and disruption of normal routine can throw off your ovulation which then results in changing the time your period will come. So the old thought that stress can affect your period is only partly true. Stress can affect your ovulation which ultimately determines when your period will come, but stress around the time of an expected period will not make it late – it was already determined when it would come days earlier! Fertility Awareness is one way to track when ovulation occurs, and it includes studying the changes in cervical mucus and using a basal thermometer. A basal thermometer helps track a body temperature rise, which signals that ovulation has just occurred. Another way to track ovulation is through ovulation kits and fertility monitors. These can be Purchased Online safely and affordable. Tracking ovulation can help a woman get a better idea of when pregnancy can and cannot occur during her monthly cycle. Once ovulation has occurred, there is nothing you can do to increase your chances of pregnancy. Your next step is to begin watching for early pregnancy symptoms. View and print an Ovulation Calendar to better understand your menstruation cycle and ovulation. From the Menstrual Period to Ovulation the details you may not know! When your menstrual cycle begins, your estrogen levels are low. Your hypothalamus which is in charge of maintaining your hormone levels sends out a message to your pituitary gland which then sends out the follicle stimulating hormone FSH. This FSH triggers a few of your follicles to develop into mature eggs. One of these will develop into the dominant follicle, which will release a mature egg and the others will disintegrate. As the follicles mature they send out another hormone, estrogen. The high levels of estrogen will tell the hypothalamus and pituitary gland that there is a mature egg. A luteinizing hormone LH is then released, referred to as your LH surge. The LH surge causes the egg to burst through the ovary wall within hours and begin its journey down the fallopian tube for fertilization. The follicle from which the egg was released is called the corpus luteum, and it will release progesterone that helps thicken and prepare the uterine lining for implantation. The corpus luteum will produce progesterone for about days the luteal phase of your cycle. If an egg is fertilized, the corpus luteum will continue to produce progesterone for a developing pregnancy until the placenta takes over. You can begin looking for pregnancy symptoms as early as a week after fertilization. You can also begin testing for pregnancy as early as days past your ovulation date with an Early Detection Pregnancy Test. If fertilization does not occur the egg dissolves after 24 hours. At this time your hormone levels will decrease and your uterine lining will begin to shed about days from ovulation. This is menstruation menstrual period and brings us back to day 1 of your cycle. The journey then begins all over again. The timing of ovulation is one of the most important things a woman should understand about her body since it is the determining factor in getting pregnant and preventing pregnancy. If you are trying to get pregnant, get the eBook guide that makes it quick and easy, the Essential Guide to Getting Pregnant. The process can be confusing and somewhat overwhelming when trying to understand, but the book above makes it easy to understand and shows you what you need when trying to conceive. The Association recommends using an ovulation kit or fertility monitor to maximize

**DOWNLOAD PDF BEFORE THE NEXT PREGNANCY.**

your chances and to confirm when your ovulation is occurring. There are many frequently asked questions about the ovulation process, and the Association has attempted to address those for you. If you still have further questions regarding ovulation, we encourage you to either talk with your healthcare provider or contact the American Pregnancy Association for more information. Being informed about what your body does can help you feel more in charge of your health. If you need assistance in tracking ovulation, you can order ovulation kits or ovulation monitors online here: [Order an ovulation kit now](#) Last updated: October 26, at

Chapter 9 : Period or Early Pregnancy Bleeding? - [blog.quintoapp.com](http://blog.quintoapp.com)

*The timing of ovulation is one of the most important things a woman should understand about her body since it is the determining factor in getting pregnant and preventing pregnancy. If you are trying to get pregnant, get the eBook guide that makes it quick and easy, the Essential Guide to Getting Pregnant.*

Pregnancy is the part of life that every woman looks forward to. While it is important to test for pregnancy in order to be sure about it, there are some tell-tale signs which can do the job for you till you go to hospital. When you are pregnant, there occur some hormonal changes in your body which causes some changes which can be acknowledged if you pay close attention. Missing a period can be alarming sign for pregnancy. It is obvious that when you are pregnant, there is no purpose for your periods to visit you. So, if your periods are mostly regular, a missed period can be taken as not so subtle sign for pregnancy. However, there are a lot of early signs of pregnancy before a missed period in women. These changes in the body can also acknowledge the fact that you are going to be a mother. Read through the list of these 20 early symptoms of pregnancy that you might possibly experience before a missed period. Just after the egg is fertilized, progesterone and hCG hormones start flooding in your body, which helps increase in blood volume. As the breast tissues are highly hormone-sensitive, this makes your breasts swell, become heavy and sometimes sore. So, this can be one of the very first sings of pregnancy which you can encounter within a week of becoming pregnant. Fatigue When you become pregnant, you tend to tire very soon. It may not always be because you had less sleep or you worked hard as you can find yourself tired at any unnecessary point of day when you get pregnant. Unlike its name, morning sickness can occur at any point of the day and it makes you feel dizzy and nausea which often results in vomiting. Short of air When you are going on your daily run and you find yourself short of breath unexpectedly, this may be a sign of pregnancy. This may seem too vague but if you have no other related problems, short of breathe can always sign you towards your pregnancy. Being unable to breathe while walking, climbing stairs and dancing in a very short period of time should be noticed attentively. Gas It is very common for pregnant women to find them gassy from an early period of their pregnancy. It happens due to the overwhelming hormonal flows in the body which affect metabolism. Even though anyone can be gassy for any other reason, gas is also a sign of pregnancy which shows at its early phase. Bleeding gums Sometimes, the pregnant ladies experience tenderness in their gums. More than often, the gums bleed which is nothing far from normal while pregnant. The reason behind the bleeding is also quite similar to your breasts becoming tender and hard. Due to the hormones and rise in blood volume, you may see blood while brushing. If your dentist says there is nothing to worry about, you can take it as a happy sign of pregnancy. Cramps While the egg fertilizes, the pregnant body starts to feel crampy. You may feel as if you are going to have your periods or as if you are having your periods and the cramps may get painful too. This happens because when the egg is fertilized, the uterus starts to stretch so that it can prepare for its expansion in the future to hold a baby explaining your cramps. Spotting Spotting is light bleeding which sometimes can be confused with periods by women. While spotting the bleeding is way less than that of period as it only happens during the implantation of fertilized egg to the lining of your uterus. So, before you mistake spotting with abnormal periods, be sure to take a hint. Bloating Bloating can also be taken as one of the early signs of pregnancy. It often occurs at around four weeks of pregnancy, which is after fertilization of egg. While bloating also occurs before you get your periods and disappears afterwards, this is not the case while you get pregnant. If you are bloated and also miss your periods, be prepared for a baby around the corner. Increased urination If you find yourself knocking toilet doors more than before, you may be pregnant. It is normal that you want to urinate in increased number of times than before and is also a sign that nears you to pregnancy. Food aversions Food aversions during pregnancy can go to a pretty unexpected level as to cravings for inedible substances. You might start to like some food that you loathed before. This happens in many pregnancy cases so, it is also one of the profound sings of pregnancy. Mood swings Due to flooding of hormones in the body while you are just pregnant can make you become very emotional and moody. You may sometimes find yourself happy and seconds later sad, all for nothing. Even though you may find hard time controlling yourself, these mood swings can also come to

be very helpful to know if you are on the way to becoming a mother. Dizziness and clumsy feeling Pregnancy shows you a time of your life when you can also expect yourself to be very clumsy and light headed. While dizziness and nausea may be a part of your morning sickness, due to the overwhelming changes that your body goes through, being clumsy can also be expected. Constipation As your body starts flooding with hormones while you are pregnant, there can be some irregularities in your metabolism. Often times, your metabolism slows down which results in bloating. It is also equally expected that you may suffer from constipation in the process of becoming a mommy. Basically when you are pregnant, your basal body temperature stays high during the whole time. This falls again after you give birth to your baby. Headache and back-pain Even though it may seem fair that headaches and backaches are pretty normal for anyone, these also sign for pregnancy. Mostly, the pregnant ladies feel lower backaches which are similar to backaches during and before periods. But if the backache persists and periods never come, this can be a sign of pregnancy. Headaches can also visit pregnant ladies time and again during the early phase of pregnancy. Darkening of areolas Due to your surging pregnancy hormones, the area around your nipples tends to darken. It is also common that the area expands and some bumps similar to goosebumps can be found in the areolas which come to be of use in your nursing time. Not to mention the stiffness of nipple, all these signs occur very early which directly sign towards pregnancy. Sensitive to smell If all of a sudden you find yourself being super-sensitive to smell, this can sign to your pregnancy. Sometimes when you are pregnant, you may seem to like smelling something that you disliked earlier. This heightened sense of smell can also enable you to smell things strongly. Change in color of your vagina As an early sign of your pregnancy, there can be some color changes in your vagina. Usually the vulva and vagina are pink in color and while you are pregnant, this color may seem to change and become purplish-red. Most of the time, there occurs darkening of the skin in vagina which can be taken as one of the earliest signs of pregnancy. So keep checking for the color if you want to become a mom. Higher level of vaginal discharge When you are pregnant, it is normal that you have vaginal discharge in a higher level than you did before being pregnant. It is a very natural process and is not harmful. Yet, if the discharge smells and is in very high amount, you need to consult your doctor. If not, this is only another early sign to tell you that you may be pregnant. Other Causes of Missed Periods Though missed periods are common when babies are on the agenda, there are several other potential reasons your period is late. With the decrease in BMI below 18 or 19, women start to miss periods. Though the problem is strictly not based on BMI, heavy exercise and training more than usual can also be a factor. Stress has a lot to do with period. Hypothalamus, a part of the brain that regulates hormones for periods is easily affected under stress and it can lead to hypothalamic amenorrhea. It also can be a possible cause. One of the major functions of thyroid gland is to regulate metabolism of the body. It also helps to maintain balance by co-ordinating with other parts of the body. If you have problems related to thyroid, either hypo- or hyperthyroidism, you might see implications for your period. This is one of the rare issues that can occur in women and contribute to missed periods. A premature ovarian failure caused by misfiring of hormones in the body is what causes the problem. Along with missed periods, this complication is also accompanied by night sweats, vaginal dryness and hot flashes. Even though most of the above mentioned signs can point towards PMS, these are also the very signs which appear at the earliest phase of pregnancy. And even when you must have a pregnancy test at a hospital to know for sure if you are pregnant, all these signs can prepare you for the better.