

DOWNLOAD PDF V. 3 PREGNANCY AND LACTATION : PT. 1 OVULATION AND EARLY PREGNANCY

Chapter 1 : Best Pregnancy Test - blog.quintoapp.com

Deciding when to take a pregnancy test is a risk-benefit calculation: testing earlier than 12 DPO means weighing the risk of being disappointed about a possibly false result against the unlikely outcome of an early positive.

Breastfeeding and Human Lactation, 3rd ed. Breastfeeding Management for the Clinician: Using the Evidence, Common Pregnancy Signs While Breastfeeding Signs of pregnancy while breastfeeding are generally the same as those that are seen in regular pregnancy. These are classified based on how well they can predict whether a woman is pregnant or not. Presumptive Signs weak indicator of pregnancy Presumptive signs of pregnancy are least indicative. They are mostly subjective only the mom can feel the sign and nobody else can see it , and other things may cause them. Changes Changes in the breasts are among the earliest signs of pregnancy. A woman may notice these when she is six weeks pregnant. These changes are side effects of the pregnancy hormones estrogen and progesterone. These will affect the breasts and prepare them for breastfeeding after birth – even if she is currently nursing already. Medications and Tenderness Medication may cause breast tenderness, so read the drug information leaflet to know if it is one of its potential side effects. Some medicines that cause breasts to feel tender are contraceptives, antidepressants and antipsychotics. Lumps Pregnancy and other conditions that involve hormonal changes may cause the breasts to develop lumps. These lumps may be filled with milk galactoceles , fluid cysts , or fibrous tissue fibroadenoma. Galactoceles - Galactoceles are small sacs containing milk within the breast. They are large, soft lumps often found at the lower part of the breasts. These are created when the outlets of the milk ducts get blocked. Breastfeeding mothers and those who have recently weaned their babies may develop them. They usually resolve without the need for any treatment. Galactoceles may or may not be a sign of pregnancy. Cysts - Cysts are fluid-filled lumps caused by changes in hormonal levels. They often have no other accompanying symptoms and only a few of them are painful. Women who are menopausal or nearing menopause are more prone to developing cysts than younger women. Again, cysts are not sure signs of pregnancy, but they may indicate it. Fibroadenomas - Fibroadenomas are solid round lumps that may be moved around the breast. They can disappear on their own after menstruation, but sometimes, they increase in size during pregnancy. If you notice movable lumps that seem to be growing, you may be pregnant. Lipomas - Lipomas are not caused by pregnancy or hormonal changes, but by excess fats. They can form on any part of the body containing fat, such as the breasts. It is a condition, which affects 1 in 100 people but a person usually gets only 1 to 2 lipomas on the body. Unlike a cyst or fibroadenoma, a lipoma feels squishy when pressed. Also, a lipoma is deep while a cyst is shallow and near the surface of the skin. Breast Cancer - Most lumps such as cysts, fibroadenomas and lipomas are benign, but some may also be cancerous. It is not common during pregnancy, but if you notice lumps on your breasts, have them checked by the doctor just to be safe – especially if the lumps are painful and bigger than 2 inches, and if you have a family history of cancer. A lump may be cancerous if it has these features: The infant has problems sucking the breast. The mother does not breastfeed frequently. The child misses feedings – especially at night when the mother is asleep. The milk is not released regularly, causing the build-up in the ducts. The baby tends to get milk from one breast only. The breasts got struck and acquired damage to the milk glands and ducts. When this happens, some milk proteins may pile up and prevent the rest of the milk from flowing properly. The stagnant milk may serve as a breeding ground for bacteria. Even if there is no bacterial infection, the immune system may mistake the proteins as foreign bodies and attack them - leading to inflammation. Breast infections mastitis are not signs of pregnancy. These may cause the breasts to feel tender, so to rule out pregnancy, consider whether you have cracked ones, whether there is a painful area on your breast that is hot and red, and whether you have breastfeeding problems. If you have a fever, it is a sign that you have an infection. An infection is treated by cleaning wounds and by taking antibiotics for about a week. After eliminating the bacteria, your breast tenderness may go away as well. Clogged milk ducts are treated by the following measures: If possible, feed the baby with only breastmilk and not formula for at

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least 6 months. Breastfeed when the baby asks for milk, even during odd hours of the night. During the first months, this can be every 2 to 3 hours. Encourage the baby to drink milk when your breasts are sore. If you intend to cut down on feedings, do so gradually to allow the milk glands to adjust. Ensure that the baby is adequately attached to the breast. Try different feeding positions. Massage the painful breast to remove blockages. Warm the breast with a warm compress or bathe in warm water. Doing so can help soften the milk and dissolve clogs. Express the leftover milk after feedings. In summary, breast changes may be caused by pregnancy and by several other things, so avoid thinking of them as sure signs of pregnancy.

Milk Changes

When a breastfeeding mother is pregnant, she may notice changes in her breast milk: As pregnancy hormones increase, milk production starts to decrease. If you notice that your milk is not as abundant as before, you may have gotten pregnant. Again, pregnancy is not the only cause of a decreased milk supply. Stress and illness can cause your body to go into survival mode and divert energy used for milk production into crucial bodily activities. Let go of these vices while you are still feeding your child so your breasts can produce milk, which is safe to drink and in adequate amounts. Certain kinds of medication can do this as well. When taken in large doses, some herbs such as peppermint and parsley can actually decrease your milk output. When breastfeeding, avoid consuming too much herbs and spices. Dehydration and malnutrition will also lower your milk supply so eat and drink properly when nursing. If you had problems conceiving, you may also have problems with breastfeeding. For the breasts to make milk, they rely on hormonal signals that are sent to them. You may have to use milk formula or get breast milk from another mom – talk with your pediatrician to know what to do. The breast milk begins to change in quality, usually by the 3rd week of pregnancy. The milk tastes more sour or salty. The breastfeeding child may fuss about the different taste. Breast milk becomes more watery in consistency and less white in color. By the 2nd trimester, the breast milk reverts to colostrum. The mother may observe a decreased desire to feed, or the child may seem unsatisfied with breastfeeding and may need more supplemental feedings. Weaning may naturally occur at this point as the child becomes less filled and satisfied with breastfeeding. Again, changes of milk quality may not be caused by pregnancy. Illnesses, medications, and some foods can make it taste unusual. Watch out for dairy products, shellfish, wheat, corn, soy and peanuts because these sometimes cause allergies. If you have eaten something spicy, your breastmilk will become spicy as well. If you notice that your baby is refusing to drink milk, recall what you have just eaten. Try to avoid it next time and see whether the baby will start drinking again.

Nausea and Vomiting

Morning sickness is most notable during the first trimester of pregnancy and goes away by the second trimester. Certain food tastes and aromas can trigger nausea and vomiting. Many women report intolerance to fish. Smelling citrusy scents can help alleviate the nausea. Make sure to get enough nutrients even with the discomfort of nausea and vomiting. Eat less carbohydrate-rich food and more proteins at this stage. When you vomit and feel nauseated, avoid thinking that you are pregnant right away. Maybe you have just become sick. Pregnant breastfeeding mothers may notice the need for more daytime naps than usual, and there is also an overall decrease in energy throughout the day. Examples of these drains are stress, illness, problems and major life changes.

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Chapter 2 : Positive Pregnancy Test Now Bleeding? [Top 10 Reasons!]

Many mothers are concerned about the safety of pregnancy while breastfeeding, but there is no real reason to worry. For most women, breastfeeding while pregnant is a fine choice and will not harm either baby-- the one in your arms or the one growing inside.

You think you know when you ovulated, so patiently wait out your luteal phase until a few days before your next period. You pee on the little stick and look down. Your disappointment is overwhelming. There are myriad reasons why a home pregnancy test “when taken too early” could come back negative when you are in fact pregnant. Took the test too early. The earliest home pregnancy test on the market promises the potential to detect a pregnancy six days before your missed period. But many women miscalculate when that sixth day is. The day of your missed period is actually the day after you expect your period to begin. If you count back from the day you expect your period, you could be counting back too far. Some tests also have different earliest dates. In other words, always follow the directions on the pregnancy test box very closely. Otherwise, you may actually be out of the date range of the test, which could then give you a negative result when you are actually pregnant. Although the average woman has a 28 day cycle and ovulates on the 14th day, many women have different cycle lengths and ovulate on different cycle days. Unless you are charting your cycles or using an ovulation predictor kit, then the date on which you think you ovulated is at best a guess. If you did ovulate later than usual, you could be testing too soon, getting a negative result instead of the positive result that you would have gotten a few days later. Some women do not have enough pregnancy hormones in their system to produce a positive test result until a few days after their missed period. Hormone levels rise at slightly different rates in different women. I personally got my positive test result just nine days post ovulation. However, another woman might have to wait until two or three weeks after she ovulates to have enough hormones in her body to get a positive test result. Thus, if you are hoping for a positive home pregnancy test but are greeted with a negative early pregnancy test, do not despair. Test again in a few days. You might be pleasantly surprised.

She has BA in English studies with a minor in creative writing, an MS in library and information science, and an MS in English with an emphasis in linguistics. Her writing passions include breastfeeding, natural childbirth, homebirth, vaccination, and cloth diapers, and her hobbies include cooking and gardening.

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Chapter 3 : - NLM Catalog Result

2) *if you are only getting positives at 4 weeks pregnant on FRERs 6 days early i dunno it could be a bad sign. usually the less sensitive tests are 25 or 50 (sometimes) mlu higher. which means that your hcg would be very low for a 4 week pregnancy and only the frer can pick it up.*

Disturbance in the biological clock Illness Birth control pills Pregnancy These 15 reasons for a late period have only one reason for getting a positive pregnancy test. So if you get late period negative pregnancy test it is normal! Pregnancy is the only reason for late period positive pregnancy test. Rest all will give late period negative pregnancy test. Late Period But Negative Pregnancy Test 20 Reasons for late period but negative pregnancy test 1 Low levels of hCG hormone produced by the placenta The reason for getting a negative pregnancy test is that hCG levels are still not sufficient enough. It could be because your placenta is taking more than normal time to form. It is the placenta that secretes the hormone hCG. Pregnancy tests detect this hormone. After reaching the peak level, the hCG level then starts declining. The hCG hormone comes out in your urine. It takes the time to achieve a high concentration. The water gets reabsorbed, and other waste components add. Even hCG gets concentrated. So one needs to take a concentrated urine sample to have enough hCG in it. Otherwise, the hCG will not be detectable. So this would interfere with both the things namely your periods and your pregnancy. In females, this is a prominent phenomenon and is early menopause stage. Hence if your female hormone levels are gradually declining, then you will not get your period and a negative pregnancy test. Stress is a risk factor for almost every disorder. High levels of stress can affect the microbes in your gut and can even make you infertile. Mental or physical stress will neither let your menstrual cycle be normal nor will it allow you to conceive. So you will get late erratic periods and negative pregnancy test if you have high levels of stress. This vaginal lining is for implantation of the embryo if the egg and sperm fertilize. Hence when you are suffering PCOD, you will get a late period and negative pregnancy test. This is the absence of menstrual cycle for few months when a nursing mother is breastfeeding her baby. The lactation hormones suppress the reproductive hormone. Thus, during breastfeeding you will get a late period but negative pregnancy test. So you will get no periods and negative pregnancy test. A woman who has a fluctuating weight pattern will experience irregular periods. She might have difficulty in getting pregnant and sustaining a pregnancy. It also can be a reason for getting an early or late period and negative pregnancy test. It influences the reproductive functioning of the body too. Hence thyroid makes you prone to late periods and negative pregnancy test. If you have vaginitis, then your vaginal lining will not develop. The vaginal lining sheds off as periods. Diseases as common as flu or cold can also be a reason for the late period but negative pregnancy test. Typhoid and other illnesses that reduce your weight can cause late period negative pregnancy test. Estrogen is essential for the formation of the vaginal lining. If the vaginal lining is thin, then you will not get period. Diabetes is another reason for late period negative pregnancy test. If you take birth control, you may get a late period. When you stop your birth control pills, your body takes time to restore the menstrual cycle. Changes in sleeping pattern disrupt the entire body. These drugs will not directly affect the menstrual cycle. But their presence exerts negative feedback on other hormones. Similarly, after an IVF treatment , you may get a late period negative pregnancy test as the hCG levels of the fertility drugs first decline, and then the implantation occurs. Only after that will you get a positive pregnancy test. Smoking is a cause of infertility in women. Taking drugs and other illegal stimulants is a reason for late period negative pregnancy test. Drugs make conceiving hard. Even if you get pregnant, the drugs can damage your pregnancy. It can result in late period negative pregnancy test. Mishandling of pregnancy tests includes reading results after allotted time. Read pregnancy test instructions thoroughly before conducting the test. Expired and defective home pregnancy test cannot detect hCG hormone. They will give you false negative pregnancy test after a late period. There are many reasons for late period negative pregnancy test no symptoms. Late period negative pregnancy test no symptoms mean that you are not pregnant. If you have Late period negative pregnancy test

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no symptoms but feel extreme pain, then consult a doctor. It is nothing to worry about. Late period But negative pregnancy test with white discharge Late period negative pregnancy test with white discharge hints that you may be pregnant. The pregnancy may be at a very early stage, so you are getting late period false negative pregnancy test. Late period negative pregnancy test with spotting and cramping is also a sign that you can be pregnant. Wait for a week and then retake a pregnancy test. If you have late period negative pregnancy test with no symptoms then indeed you are not pregnant.

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Chapter 4 : When an Early Pregnancy Test Is Negative | What to Expect

Late period But negative pregnancy test with white discharge Late period negative pregnancy test with white discharge hints that you may be pregnant. The pregnancy may be at a very early stage, so you are getting late period false negative pregnancy test.

Positive Pregnancy Test Now Bleeding? What is a positive pregnancy test? A positive pregnancy test is a result that tells you that you are pregnant. It may be a false positive pregnancy test result too. It happens if you are suffering from diseases like PCOD, ovarian cancer, etc. What to do after getting a positive pregnancy test? Bleeding after getting positive pregnancy test may be the brown discharge of pregnancy: During early pregnancy, the vagina discharge has a brown color, and it may have some blood clots. The vaginal lining is too soft and fragile and may break even with mild brushing. You might mistake the brown discharge as bleeding because it looks like that. If you experience bleeding after a positive test, then make sure that the blood is fresh. Otherwise, it is old blood coming out as brown discharge during pregnancy. If bleeding after getting pregnant happens in the first three months of pregnancy, then it could be normal: Some women have reported that they got regular menses for the first three months even after they were pregnant. For this reason, some women who only rely on the absence of periods as a symptom of pregnancy are unable to detect pregnancy at an early stage. So it could be nothing to worked-up about that you are getting menses even after conceiving. Positive pregnancy test now bleeding and cramps could be menses. You must inform your doctor about it. Bleeding after getting positive could be spotting: Yes, you will experience spotting after pregnancy in the first few months. So a mild and light spotting is nothing to worry. It is normal and occurs during early pregnancy frequently because a lot of things going inside your body. Processes like the formation of new blood vessels, compressing of tissues and breaking of blood vessels happening rapidly. All this can lead to bleeding. Positive pregnancy test now bleeding may be spotting during pregnancy. Bleeding after positive pregnancy test may be due to a miscarriage: This is terrible, but it is true. Bleeding could be due to miscarriages. First trimester miscarriages mostly happen because of chromosomal aberrations. Most women mistake miscarriages for periods and never come to know that they were pregnant. It may be good for those who did not want to be pregnant. This can mislead a woman who wants to be a mom to believe that she is infertile. Hence a healthy reproductive life includes visiting your gynecologist every six months. Bleeding after positive pregnancy test may be because your belly received a jolt: If you have a toddler already who jumped on your belly or you unknowingly had something hard hit you. Positive pregnancy test now bleeding and cramps can be a sign of impending miscarriage. It can result in hemorrhoids or other problems and will lead to bleeding after getting a positive pregnancy test. Bleeding after getting pregnant can be due to having sex: Having sex wears and tears your vaginal pathway. So if you have rough sex after getting pregnant, you can bleed abnormally. Sex during pregnancy requires certain precautions. You must read about sex during pregnancy before it is too late. Sex can cause bleeding after getting pregnant. Bleeding after positive pregnancy test also happens if your body produces the pregnancy hormones too slowly: Pregnancy hormones sustain the pregnancy. If not produced sufficiently then it can lead to bleeding after conceiving. Low levels of hormones cause bleeding after getting a positive pregnancy test. You should see your doctor who might give you supplements to support your natural hormone production. If bleeding after conceiving happens after three months of pregnancy have passed then you need to rush to the doctor. Positive pregnancy test now bleeding could be because you did not take the pregnancy test correctly: If you did not do the pregnancy test properly, then it is positive pregnancy test now bleeding. It is a miscalculation! You might have made a mistake while taking a pregnancy test and so you thought it is positive pregnancy test! Twin pregnancy can cause positive pregnancy test now bleeding: If you have a twin pregnancy then there is a chance that during implantation of the second baby you bleed. Positive pregnancy test now bleeding can be because now your second baby is here! Superfetation causes positive pregnancy test now bleeding: Similarly superfetation is getting pregnant

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second time while you are already pregnant. In this case, you will get positive pregnancy test now bleeding and cramps. It is very rare but does happen. Chances of positive pregnancy test now bleeding due to another pregnancy are very slim. Can bleeding after positive pregnancy test be implantation bleeding? It is important for us to mention that the bleeding after positive pregnancy test cannot be implantation bleeding. A pregnancy test detects hCG hormone that is available in sufficient quantities after implantation. The placenta secretes hCG as a temporary endocrine gland. It takes about a week for hCG levels to pick up after implantation. Bleeding after positive pregnancy test can never be implantation spotting. Be very vigilant of everything that comes out of your cervix even your urine when you are pregnant. The first few months of pregnancy are most critical and maximum miscarriages happen at this time. Once you have got a baby, you are a mother and have to shoulder the safety of two lives. We are proud of you!!

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Chapter 5 : About Your Privacy on this Site

Pregnancy and lactation: Ovulation and early pregnancy -- v. 3, pt. 2. Pregnancy and lactation: Fetal physiology, parturition and lactation NLM ID: [Book].

Intro Missing a period is one of the first signs that you might be pregnant. You may take a home pregnancy test as soon as possible. If you have very early pregnancy symptoms, such as implantation bleeding, you may even take a home pregnancy test before your first missed period. Some pregnancy tests are more sensitive than others and can accurately detect a pregnancy several days before a missed period. But after taking a home test, your excitement may turn to confusion as you notice a faint positive line. A faint positive line in the results window, on the other hand, can leave you scratching your head. Some women see a clearly distinguishable positive line after taking a home test. But in other cases, the positive line appears faded. In these instances, a faint positive can be caused by low levels of the pregnancy hormone human chorionic gonadotropin hCG. As soon as you become pregnant, your body begins producing hCG. The hormone level increases as your pregnancy progresses. Home pregnancy tests are designed to detect this hormone. Some women take a home pregnancy test early in their pregnancies. They often take them before or shortly after their first missed period. Although hCG is present in their urine, they have a lower level of the hormone, resulting in a positive pregnancy test with a faint line. Sometimes, what appears to be a positive line is actually an evaporation line. These misleading lines can appear in the results window as urine evaporates from the stick. It can be hard to determine whether a faint line is a positive result or an evaporation line. The primary difference is that evaporation lines appear in the test window several minutes after the recommended time for checking the test results. The package will let you know when to check your test results, which can be within three to five minutes, depending on the manufacturer. If possible, wait two or three days before taking another one. If you are pregnant, this gives your body additional time to produce more of the pregnancy hormone, which can result in a clear, undeniable positive line. It also helps to take the home pregnancy test first thing in the morning. The less diluted your urine, the better. Make sure you check the results within the appropriate time frame to avoid confusing an evaporation line with a positive line. Early pregnancy loss Unfortunately, a faint positive line can also be a sign of a very early miscarriage, sometimes called a chemical pregnancy, which occurs within the first 12 weeks of a pregnancy, often much earlier. If you take a home pregnancy test after a miscarriage, your test may reveal a faint positive line. You may experience bleeding that resembles your menstrual cycle and light cramping. Bleeding can occur around the time when you expect your next period, so you may never know of the early miscarriage. But if you take a home pregnancy test while bleeding and the results show a faint positive line, you may have had a pregnancy loss. Early pregnancy losses are not uncommon and occur in about 50 to 75 percent of all miscarriages. These miscarriages are often due to abnormalities in a fertilized egg. Many women eventually have healthy babies. Your doctor can take a urine or blood sample and more accurately determine whether a pregnancy has occurred. If you think you had a very early miscarriage, let your doctor know.

Chapter 6 : 20 Reasons For Late Period But Negative Pregnancy Test

A pregnancy test depends on the day of implantation, and the urine pregnancy test is usually positive days after implantation. However, it's the day of ovulation that's important too, as implantation can only happen if ovulation took place and the egg was fertilized.

Chapter 7 : How Early Can You Take a Pregnancy Test?

So, how early can you take a pregnancy test? Before we answer this question, a quick refresher on the chronology of

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ovulation, conception, and implantation might be helpful, as well as some information on the hormone hCG and home pregnancy tests.

Chapter 8 : Understanding Pregnancy Tests: Urine and Blood Tests

very high levels of this during pregnancy inhibits the final differentiation of the alveoli and prevents milk secretion during pregnancy (why we don't see lactation during pregnancy) prolactin this is secreted in response to dropping levels of progesterone at parturition, is causes the mammary gland to actively secrete milk (gland goes from.

Chapter 9 : How to Recognize the Signs of Pregnancy While Breastfeeding | WeHaveKids

Popping in, a chemical pregnancy is a pregnancy detected by blood work but gets miscarried before an ultrasound so basically a very early miscarriage. These are most commonly detected in fertility patients because testing is done so early.