Pregnancy - Common Symptoms and Care Tips
Article

Early Pregnancy Signs and Symptoms

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Are your symptoms the result from pregnancy or something else? Explore the early pregnancy symptoms to decide if you should consider taking a pregnancy test.

Early signs and symptoms of Pregnancy

Am I Pregnant, or Is It Something Else?[1]

- When you are sexually active, you have a lot of **"what ifs,"** the most important of which is **"am I pregnant?"** Because many pregnancy symptoms are not unique to pregnancy, women frequently wonder if their symptoms result from pregnancy or something else entirely. **Check out this article to see if it's time to consider taking a pregnancy test.**



- **Tracking your cycle is one of the best things** you can do if you're trying to get pregnant, avoid pregnancy, or just want to learn more about it!
- There are many apps available for your smartphone, tablet, and/or computer that can help you keep track of **when your next period is due.**
- These apps can also keep track of your symptoms and, after a few months, can help you **narrow down your expected fertility window/ovulation.**

What are the Most Common Early Pregnancy Signs?[2]

I missed my period

- If you're in your **reproductive years** and haven't had your expected menstrual cycle for a week or more, **you could be pregnant.** This symptom, however, can be misleading if you have an irregular menstrual cycle.



Breasts are tender and swollen

- Early in pregnancy, **hormonal changes may cause your breasts to become sensitive and sore.** As your body adjusts to hormonal changes, the discomfort should **subside after a few weeks.**

Nausea may be accompanied by vomiting

- Morning sickness, which can occur day or night, usually begins **one month after becoming pregnant.** However, some women experience **nausea earlier than others,** and some never experience it at all.



- While the exact cause of nausea during pregnancy is unknown, **pregnancy hormones are likely to play a role.**

Urination has increased

- You may urinate more frequently than usual. During pregnancy, **the amount of blood in your body increases**, causing your kidneys to process extra **fluid that ends up in your bladder.**



Fatigue

- Fatigue is also one of **the most common early pregnancy symptoms.** Progesterone levels soar during early pregnancy, **which may cause you to feel sleepy.**



Am I pregnant, or am I about to start my period?[1]

- Symptoms of pregnancy and menstruation can be difficult to distinguish because they are so similar: **mood swings, abdominal cramping, backaches, breast tenderness, headaches, and food cravings.**



- There are two symptoms that are more commonly associated with pregnancy than with a menstrual period: **nausea/vomiting and implantation bleeding.** Keep in mind that not all women will go through this.



- When a **fertilized egg attaches to the uterine lining 6-12 days after fertilization,** some women experience **1-3 days** of light spotting, which we call implantation bleeding. This usually occurs around or before **the time a woman is due to have her period.**
- Nausea that occurs right before a woman's period is more likely to be caused by **early pregnancy (or something else) than by a menstrual period.** Many people refer to this as **"morning sickness,"** although it can occur of day. Wait a few days, and if you don't get a normal period when **you expect it, it's time to get a pregnancy test.**



If your pregnancy test is negative[3]

- A positive test result is almost certainly correct, **as long as you have followed the instructions correctly.**
- A negative result is less reliable. If you get a negative result and still think you may be pregnant, **wait a week and try again.**



REFERENCES

1. American Pregnancy Association. Am I Pregnant, Or...?. Available at: https://americanpregnancy.org/pregnancy-symptoms/am-i-pregnant-or/. Last accessed on: 12.12.2021.
2. American Pregnancy Association. Early Signs of Pregnancy. Available at: https://americanpregnancy.org/pregnancy-symptoms/early-signs-of-pregnancy/. Last accessed on: 12.12.2021.
3. NHS. Signs and symptoms of pregnancy. Page last reviewed: 8 October 2019. Available at: https://www.nhs.uk/pregnancy/trying-for-a-baby/signs-and-symptoms-of-pregnancy/. Last accessed on: 12.12.2021.

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2. American Pregnancy Association. Early Signs of Pregnancy. Available at: https://americanpregnancy.org/pregnancy-symptoms/early-signs-of-pregnancy/. Last accessed at: 12.12.2021.
3. Signs and symptoms of pregnancy. Page last reviewed: 8 October 2019. Available at: https://www.nhs.uk/pregnancy/trying-for-a-baby/signs-and-symptoms-of-pregnancy/. Last accessed at: 12.12.2021.