

Finding out if they are pregnant is an exciting process for women who have been planning to have a child for a long time. The most common symptom of pregnancy is that you miss a period or your period is delayed for a week or two.

If you do not follow your menstrual periods or if they change frequently, you may not know when you will enter your period. In this case, you can watch the signs of early pregnancy, but not all pregnant women have the same symptoms. You can take a pregnancy test to find out exactly your pregnancy.

How to Tell the Symptom of Pregnancy?

If you have a regular menstrual calendar and you haven't had your period even though it's due, you can take a pregnancy test. Delayed menstruation is one of the sure signs of pregnancy.

If your periods are normally irregular, if you do not remember the date of your previous period, do not be too sure that you are overdue. In these cases, see if you can feel frequent urination, nausea, or a tenderness in your breasts.

Although it varies from person to person, the symptoms of pregnancy that can be seen are:

Sensitive Breasts and Tingling

If you hear more of the pain you felt in your breasts before your period; this could be a sign that you are pregnant. With pregnancy hormones, blood flow increases in the breasts and there may be a tingling sensation in the nipples. Tingling is also one of the first signs of pregnancy. Some people may experience this feeling even in the first week after fertilization, and this feeling may increase as the pregnancy progresses.

Your breasts become more and more sensitive around the 6th week of pregnancy. Your breasts swell and expand. You may notice bluish veins. After getting used to the hormonal changes in pregnancy, this sensitivity disappears over time.

Darkness in the Nipples

In addition to the sensitivity in your breasts, darkening of the tips can be seen. Circular areas (areolas) surrounding the nipples can usually darken from the 8th week of pregnancy.

These areas can expand within a few weeks after fertilization. Nipples may become harder and erect. You may see color changes on your skin similar to this. For example, the skin around the vagina and vulva (female external genital organ) may turn a dark purplish red color; but you will not notice this with a higher probability.

Frequent Urination

Do you go to the toilet all the time? In early pregnancy (usually two to three weeks after conception), you will have a very frequent urge to urinate. Changes in hormones are also the cause of the increase in urine amount. In addition, your body has more

blood volume and the efficiency of the kidneys increases while you are pregnant. Thus, the body is cleared of waste materials faster.

Another reason why you urinate frequently is; is your womb expanding. Your uterus presses on your bladder and narrows the volume in which urine is held. If there is pain and burning sensation when urinating, there may be a urinary tract infection.

Light Bleeding

Some women may experience mild vaginal bleeding with an increase in hormones. You may feel slight cramps along with these bleeding that appears light pink or brown in your underwear. These bleeding is thought to occur in early pregnancy.

Nausea

You may experience frequent nausea and vomiting in the first trimester of pregnancy. Some women may experience nausea after three months.

Weakness

Fatigue that not all women experience during pregnancy; In most women, it is often experienced early in the day with vomiting, usually in the early hours of the day. Fatigue, which can be seen in the 4th week of pregnancy, usually starts in the 6th week.

There are also those who refer to this as "morning sickness"; however, you may vomit or feel weak at any time of the day. This weakness may not only come with vomiting. You may feel sick.

https://canvas.mooc.upc.edu/eportfolios/3482/Home/What_are_the_early_symptoms_of_pregnancy

<https://slides.com/pregnancysigns/17-early-signs-of-pregnancy>

<https://devnet.kentico.com/users/491472/pregnancy-symptoms>

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<https://www.pearltrees.com/s/file/preview/245668450/pregnancysymptoms.pdf>

Pregnancy hormones can make you feel tired and emotional. Of course, fatigue alone is not a sign of pregnancy; but it is a common symptom. This fatigue most affects you during the 1st and 2nd trimester of pregnancy (1st trimester and 2nd trimester).

Swelling

Do you feel like a balloon? The feeling of bloating can start very early in pregnancy. Hormonal changes are responsible for this swelling.

Increase in Body Temperature

Your body temperature is 1 degree higher than your pre-pregnancy temperature, and this is high during pregnancy.

Odor Sensitivity and Cravings

During your pregnancy, you may be extremely sensitive to food or other smells. You may even become unable to tolerate the smell of your favorite foods. One of the symptoms seen in pregnancy, craving is frequently encountered.

When it comes to craving, you may want some foods more than others. In some women, cravings can be seen even before the menstrual delay. Some women may have a metallic taste in their mouth.

If Pregnancy Test Is Two Lines...

All or some of the symptoms mentioned above; it is enough for you to experience the excitement of pregnancy; but still the pregnancy test gives the final result in pregnancy. You can wait for at least the first day of your missed period, and you can get a safe result with a home pregnancy test.

If you see 2 colored lines on the test stick, you are most likely pregnant. It is the gynecologist who will still give the clearest result after the symptoms and pregnancy test. After doubts and testing, be sure to consult a gynecologist.