

# Early Signs of Pregnancy: What to Watch For



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4 min read

The birth process is a special life-changing experience. the first signs of pregnancy may differ from one person to the next. Knowing these signs will help you identify a pregnancy earlier and take the steps necessary to ensure an uninvolved pregnancy. Here's a comprehensive review of some typical early signs of pregnancy: Are you looking for the [best gynaecologist in South Delhi](#)? Here are some highly recommended options to consider:



This blog has been reviewed by **Dr. Rupali Bassi** who is the Chairperson of bestivfclinic. She has 17 years of experience in treating conditions such as **IVF Treatment, IUI Treatment, and ICSI Treatment.** [Know About Dr. Rupali Bassi](#)

### **1. Missed Period**

The most commonly reported and obvious early indicators of the onset of pregnancy is a missed period. If you have regular menstrual cycles, missing a period can be an excellent indication of pregnancy. But, it's

important to remember that other elements like illnesses, stress or weight fluctuations may also result in the absence of a menstrual cycle.

## **2. Nausea and Vomiting**

It is often called “morning sickness,” nausea and vomiting are the most common symptoms of pregnancy in the early stages. It can happen at any point of the day, and typically begins at the end of 6 weeks into pregnancy. Although the exact cause for morning sickness isn’t known however, it is believed to be caused by hormonal changes in the body. Although it can be uncomfortable, the condition usually goes away towards the beginning of the first trimester.

## **3. Fatigue**

Being tired and fatigued is an indication of pregnancy. In the first trimester of pregnancy, your body goes through significant adjustments to support the forming embryo, leading to an increase in fatigue. Hormonal changes, specifically an increase in progesterone can cause feelings of fatigue.

#### **4. Breast Changes**

The changes in your breasts could be a sign of the onset of pregnancy.

You may notice that your breasts feel tender, swollen or achy. The areolas, which is the skin around your nipples could be darkening as well. The cause is the increase in hormones like estrogen and progesterone.

#### **5. Frequent Urination**

A greater frequency of urination is an additional indication of pregnancy. The growing uterus exerts pressure on the bladder. In addition, hormonal changes may cause an increase in the flow of blood to your kidneys, which causes you to frequently urinate.

#### **6. Mood Swings**

The hormonal changes that come with pregnancy can be significant. changes, which could cause mood shifts. It is possible to feel oddly angry, emotional or nervous. This type of mood fluctuation is an

expected element of the early stages of pregnancy and tend to settle as the pregnancy grows.

## **7. Food Cravings or Aversions**

Women who are pregnant often have changes in their food preferences. There is a possibility that you develop a strong desire for certain foods, or notice that you're suddenly disgusted by food items you used to enjoy. The cravings and aversions believed to be influenced by hormonal changes, and may differ greatly from person to person.

## **8. Light Spotting and Cramping**

Certain women may experience some spotting, or bleeding from implantation at the time they are due for their period. It happens when the fertilized egg is attached to the inner lining in the uterus. It is also possible to experience mild cramps however it is less painful in comparison to menstrual cramps. If bleeding is excessive or is

accompanied by extreme pain, you should seek out a medical professional.

## **9. Increased Sensitivity to Smells**

A stronger sensation of smell can be a typical early pregnancy indication. A lot of women say that they are more sensitive to odors that can cause nausea. This increased sensitivity may cause certain smells to be uncomfortable or overwhelming.

## **10. Headaches**

Changes in hormones during early pregnancy can cause headaches. They can be caused by the increase in blood volume, shifts of hormones, or dehydration. Being hydrated and reducing stress can ease a few symptoms of headaches.

## **11. Constipation**

The hormonal changes can affect your digestive system which can lead to constipation. Progesterone is a hormone that is increased during

pregnancy, can relax muscles in the digestive tract which makes it harder for food particles to travel through the digestive tract.

## **12. Dizziness**

Dizziness or lightheadedness is a common symptom women encounter during the early stages of pregnancy. It could result from variations in blood circulation and blood pressure. It is important to drink plenty of water and avoid sudden movements to reduce dizziness.

## **13. Changes in Vaginal Discharge**

If you are pregnant, you might be noticing an increased vaginal discharge. The discharge, referred to as leukorrhea, can be thin liquid, clear and without odor. It is a way to protect the vaginal region from infection. If there is burning, itching, or a strong smell it is essential to talk with your doctor.

## **Conclusion**

The first signs of pregnancy may vary among people who experience these symptoms does not mean you're pregnant. If you suspect that

you could be pregnant, a pregnancy test at home and speaking to your healthcare professional can give confirmation and aid in beginning the process of getting your prenatal treatment.

Knowing these signs early can assist you in taking proactive steps toward the best possible pregnancy. If you're trying to get pregnant or just pondering the possibility, knowing these signs will help in making informed choices about your health and well-being.