

# **Early Pregnancy Symptoms Booklet**



**A simple and clear guide to help  
you assess whether you  
are pregnant**

**July 2001**

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## ***Introduction***

Once conception has occurred, remarkable changes begin to take place in the body. Some women are so in tune with their body that they know they are pregnant right from the moment of conception. There is a very subtle change in their energy field. Others may not be aware that they are pregnant until much later on when physical changes begin to take place. Everyone is different and our bodies all react differently to having a new being growing inside us. Even between different pregnancies with the same woman, changes may vary quite considerably. A small number of women have no obvious symptoms and may not have their pregnancy diagnosed until it is well established. Some of the most common changes that take place are outlined below:

### ***Amenorrhoea (failure of your period to arrive)***

If you have regular periods and have been involved in activity that may result in pregnancy, the failure of your period to arrive suggests that you may be pregnant. Normally it is a good idea to wait at least 10 days before visiting your doctor in order that your doctor can confirm your pregnancy.

This is not an absolute positive sign. Pregnancy is the most likely cause in women aged between 16 to 40. There may be other reasons, or it may just be late. Also, some women may continue to have their period right throughout their pregnancy. Occasionally there may be a small amount of light bleeding during the first two weeks of pregnancy, which may be confused with a light period.



## ***Breast changes***

Quite often the first physical change that you become aware of may occur in your breasts. In preparation for milk production, the blood supply increases to the breast tissue. This may result in a tingling and throbbing sensation. Veins may become more prominent and obvious, appearing like a network of rivers spanning the entire breast area. Breasts may increase in size very early on and also feel quite tender and heavy. These changes may be more noticeable in women with smaller breasts. Some women find it more comfortable to wear a good support bra to help support the extra weight. When pregnant the placenta produces oestrogen and progesterone, both female sex hormones, which causes the changes in your breasts mentioned above.

## ***Nipple changes***

The brownish circles around the nipples (the areolae) become darker and quite often larger, while the little bumps on them (Montgomery's Tubercles) become more prominent.

## ***Morning sickness***

Nausea and often vomiting are common symptoms in early pregnancy. This occurs for approximately half of women. It is not however confined to just the morning as the name suggests. It can occur at different times throughout the day and is quite often accompanied by tiredness and lethargy. Usually the symptoms clear up by the end of the first three months, but can on occasion carry on right throughout the entire pregnancy. It can often last longer if you are expecting twins or other multiple pregnancy. It can be the result of all the pregnancy hormones kicking in or may be due to low blood sugar levels, low blood pressure, emotions, lack of certain nutrients (in particular vitamin B6 and iron), or too much refined, spicy or greasy food. If severe vomiting occurs which does not stop, urgent medical attention is required.



## ***Bladder irritability and frequency of urine***

Due to the increased blood flow to the kidneys during pregnancy there is an increased amount of urine being voided. As the baby begins to grow, there is increased pressure on the bladder wall from the enlarging uterus. The combined effort of these and the pregnancy hormones can cause the bladder to become quite irritable.

## ***Tiredness***

Many women complain of extreme tiredness during the first 8 to 12 weeks. This is due to the enormous metabolic changes that take place in pregnancy. Your entire body needs to adjust to the process of growing a baby. It is not surprising that you may feel tired and cannot carry on as you did before. As your body adjusts to the pregnancy, the fatigue vanishes and the middle months are often easier. If you are feeling tired, listen to your body and try to take a rest as often as possible. If it is your second (or more) pregnancy, you may find that you are constantly tired. This is because it is much harder to cope when you are exhausted by the non-stop pace of your first child's daily life. If possible, try to have at least a short period of time each day when you can be free from domestic responsibilities, even if it is only half an hour each evening when your partner can tend to the child and the dishes. Put your feet up and have a nap or a relaxing bath. Take the time and enjoy it to the fullest.



## ***Further information***

These live links will provide information about a range of issues relating to pregnancy and childbirth:

Join now to get your FREE personalised report, which tracks both the growth and development of YOUR BABY and YOUR BODY. Your Week-By-Week Pregnancy Report gives you the answers to the questions you'll have when you have them ! Not only will you be getting relevant information, useful tips and great ideas - you'll get them at the right time during your journey to birth.

[0 to 40 week-by-week Pregnancy Newsletter](#)

Other relevant information can be found at:

[Other free booklets](#)

[Information about inducing labour naturally](#)

[Relaxation during pregnancy](#)

[Birthing in Paradise – a wonderful approach to childbirth](#)

[Why prepare for childbirth](#)

[The universal mother – making the connection](#)

[A mother's dream](#)

[Motherhood](#)