

**SIGNS AND EARLY SYMPTOMS OF PREGNANCY. METHODS FOR  
DETERMINING PREGNANCY****Oktamova Nozila Bostanovna**

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**Annotation:** Signs of pregnancy, its first symptoms, every woman wants to know these symptoms and feel them as soon as possible. Pregnancy is a wonderful and special time. Usually, vomiting and nausea associated with pregnancy begin at 5-6 weeks of pregnancy, and a delay in menstruation is the first sign that pregnancy may have begun. A pregnant woman may feel unusual events occurring in her body even earlier.

**Keywords:** fetus, pelvic area, abdomen, organism, symptoms, hormone, mammary gland, bladder, face, menstrual cycle, ovulation.

Primary signs and symptoms of pregnancy - the earlier a woman detects pregnancy, the more time she has to undergo qualified specialized medical examinations. After fertilization of the egg, a number of hormonal changes occur in the female body. If you notice the following signs, you can take a home pregnancy test to confirm pregnancy. Missed menstruation. All women know about this symptom. After fertilization of the egg, the menstrual cycle is lengthened, which is why the endometrium of the uterus is now used to form the placenta of the fetus. However, it should not be forgotten that in some diseases the menstrual cycle is also lengthened. Nausea. The appearance of these symptoms often begins with the 1.5th month of the fetus, and in some women it can be observed even after fertilization. Nausea can also be caused by diseases of the gastrointestinal tract. Weakness and drowsiness. This symptom occurs due to the accelerated metabolism in the body, which makes the body tired and the hormone progesterone causes drowsiness. In addition, a metallic taste in the mouth is also one of the first signs of pregnancy. As a result of hormones changing the taste characteristics of the female body, she may like tastes that she did not like before. In the early days of pregnancy, enlarged nipples become painful. Enlarged and painful mammary glands. This indicates that the mammary glands are very sensitive to hormonal changes. If you go to the toilet many times in the evening even if the bladder is not full, this is a sign that the HCG (chorionic gonadotropin hormone) has begun to be produced in large quantities during pregnancy. In addition, the color of urine may also change during pregnancy. Secondary signs of pregnancy are back pain and radiating pain in the lower back. However, such pain can also be observed in kidney diseases. Feeling of heaviness in the pelvic area - blood circulation in this area increases and the woman begins to feel heaviness and pressure. Irritability and mood swings - many women have frequent mood swings and irritability, which can lead to insomnia - a feeling of fatigue, which can lead to

insomnia. Headaches may occur due to hormonal changes affecting the nervous system. Increased appetite, sense of smell and taste - if a woman did not pay attention to certain smells before, her sensitivity to smells increases during pregnancy. Changes in body weight - a woman's body gains weight in order to provide the fetus with nutrients. Implantation bleeding - the discharge of blood-tinged fluid from the woman's vagina when the fertilized egg attaches to the uterine lining is one of the secondary symptoms of pregnancy. Abdominal distension - flatulence is observed in the intestines as a result of the softening effect of hormones on the intestines. Increased venous blood vessels in the breast area - after the onset of pregnancy, the body also prepares for feeding it. The color of the nipples also darkens. Weakened immunity - due to the weakening of the immune system during pregnancy, the woman's body becomes more susceptible to common colds and ARVI. Redness of the skin of the face - as a result of the effect of hormones on the capillaries, blood vessels dilate. Various rashes on the face - even if a woman had no problems with her skin before, acne (acne) appears on the face during pregnancy. This is explained by hormonal imbalance. Swelling of the face, arms and legs - during pregnancy, the body tries to retain more fluid. Due to this, swelling of various degrees is observed on the face, arms, and legs. Signs of pregnancy include an increase in basal temperature; As a result of increased production of the hormone progesterone, body temperature can rise to 37 degrees; Pigmentation disorders on the white line of the abdomen - a characteristic symptom for pregnant women, a "strip" appears from the navel to the pubic symphysis. The probability of getting pregnant after ovulation is very low. After ovulation, the egg can be fertilized within 12-24 hours. But after that, the egg is considered unsuitable for fertilization. Therefore, women who want to get pregnant should definitely know the day of ovulation and monitor their menstrual cycle. Couples planning a pregnancy are recommended to have sex on the fertile days before ovulation and on the day of ovulation. If you do not control your menstrual cycle and do not know exactly the day of ovulation, it can be difficult to plan a pregnancy. Methods of determining pregnancy - Modern, specialized diagnostic methods allow you to determine pregnancy from the fifth day of pregnancy. It is almost impossible to determine the signs of pregnancy on the third day. Many women planning to have a child, as soon as they notice the first signs of pregnancy, usually use pregnancy tests to determine pregnancy at home. Because these tests are both convenient to use and reliable. If you follow the rules for conducting the test, you can definitely get an accurate and accurate result. How many days does a pregnancy test detect a fetus? According to data, women with a regular menstrual cycle can take a pregnancy test from the first days of the next menstruation. And the average gestational age is about four weeks. Ultrasound examinations are considered safe for both mother and fetus. Ultrasound examination (UTT) can be performed from the 3rd week of pregnancy. The examination is performed using abdominal or transvaginal sensors. In addition to UTT, signs of pregnancy can also be detected using express methods on the 20th day of the menstrual cycle. Sometimes women use some methods that are not scientifically proven, even if the most convenient way to determine pregnancy at home is a pregnancy test. For example, using substances such as iodine and salt. Determining pregnancy with iodine - you put your urine in a clean container. Then add 2 drops of iodine to it. If the iodine dissolves immediately, pregnancy is not present, if the iodine does not dissolve for a few seconds and does not spread, pregnancy is considered to have occurred. Determining pregnancy with salt - to determine pregnancy at home using table salt, equal amounts of salt and urine are taken and mixed. For example, 1 tablespoon of salt is added to 1 tablespoon of urine. After leaving the mixture for a few minutes, if the salt dissolves, the result is negative. If it remains, the woman is considered

pregnant. This method is also not based on any scientific evidence. These home methods can accidentally give the same result as a pregnancy test. It is important to remember that both methods give the same result, and the home methods with salt and iodine are accurate and reliable. Therefore, if you start to notice signs of pregnancy, it is advisable to take a reliable pregnancy test within the recommended period. This method is also not based on any scientific evidence. These home methods can accidentally give the same result as a pregnancy test. It is important to remember that both methods give the same result, and that the home methods with salt and iodine are accurate and reliable. Therefore, if you start to notice pregnancy symptoms, it is advisable to take a reliable pregnancy test within the recommended period. This method is also not based on any scientific evidence. These home methods can accidentally give the same result as a pregnancy test. It is important to remember that both methods give the same result, and that the home methods with salt and iodine are accurate and reliable. Therefore, if you start to notice pregnancy symptoms, it is advisable to take a reliable pregnancy test within the recommended period.

### Conclusion

Pregnancy can often be detected by signs and symptoms. The most common symptoms are: missed period, nausea, frequent urination. However, some women may not have these symptoms. The most reliable ways to determine: Home tests, Blood tests, Ultrasound. If there is a positive result, it is necessary to undergo a doctor's examination, which is beneficial for both the mother and the baby. Of course, you should follow the doctor's advice, it is necessary to have monthly check-ups, so that a healthy mother and a healthy baby are born.

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