

Things to Know About Your Pregnancy

Signs of Pregnancy

What to Look For

Do you think you might be pregnant? Here are some signs to look for:

- ❑ You have missed a menstrual period.
You are at least 2 weeks late.

{**Note:** Stress or illness can cause your period to be late, too. And, some women do not have regular periods. It may be hard for them to know if their period is 2 weeks late. Other women can have a light menstrual period or spotting and still be pregnant. So watch for other signs also listed here.}

- ❑ There are changes in your breasts.
 - They feel tender.
 - They feel tingly.

- They are swollen.
- The dark areas around your nipples are darker than before.
- The tiny glands around your nipples stick up.
- ❑ You feel tired. This is the most common sign.
- ❑ You feel sick to your stomach. You may even throw up. This is called “morning sickness.” But it can occur any time of day or night.
- ❑ You need to pass urine more often.
- ❑ You have food cravings.
- ❑ Your taste for certain foods changes.
- ❑ You have a metallic taste in your mouth.

