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Not always pregnancy is planned and you become a mother. If you are a healthy woman in the prime of your age, chances are that you will not even know that you are soon to become a mother. If it is your first pregnancy then chances are that you will not even know you are pregnant. However nature is wiser than we are, it has many ways to tell you that you are pregnant and you need to take a little more care than the usual. You will hardly need to be told about how take care of themselves. Most women these days look watch some exclusive medical channels that they get when they buy Dish TV Packages for their family.

The best way to tell if you are pregnant is to consult a medical doctor, not necessarily the high priced fertility specialists in a big hospital. But it isnâ€™t always a necessity; you can always tell that from changes that take place in your body. If you neglect the changes for a while it will still become apparent, when your belly begins to swell. But you neednâ€™t wait so long to establish your pregnancy; there are some kits that you can use at home to make sure about the condition.

Here are some changes that you will see and you will feel, and do not be alarmed if some of them do not show in you, or is exaggerated; remember that not all women respond the same way. The signs of pregnancy can vary from one woman to another and in various degrees too. Pregnancy is established only when the egg is fertilized and has attached itself to the wall of the uterus, which is usually a couple of days after a successful coitus.

1. By natureâ€™s scheme of things, a womanâ€™s body begins to prepare itself for the rigors associated with pregnancy, and food is one of the important factors that need special attention. It means the entire mass for the baby will need to be provided by the mother, and in addition keep her body in good health. So the first symptom is a desire for more than your normal intake. Make sure you get enough of it and in good quality too.

2. There will be enough changes to the nipple. It is a sign that your body is preparing itself for breast feeding, after all that is the best thing for the baby, although most modern mothers like to come out of it as early as they can. So the areola as it is sometimes called will get a little darker than usual and a little wider too. After the delivery, normally they return back to their original stage, but with some changes. But you should expect it to happen only during the fourth or the fifth month of your pregnancy.

3. The egg after it has been fertilized ties itself to the uterus by making a burrow on the uterus wall. When that happens, there is inevitably a small quantity of bleeding. You will notice that in the undergarments, which sometimes can alarm you. But if the bleeding resulted from pregnancy, there is little reason to worry. To reassure yourself, you may consult a doctor.

4. There are many hormonal changes that will take place even during the early stage of pregnancy, and as a result you will experience the urge to urinate more frequently than it is normal, and that is often because of the higher blood sugar you will have in your blood.

The ultimate test that will establish pregnancy is a blood test in the laboratory. It is usually done after you have made a home test with a ready to use simple kit.

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