

Early signs of pregnancy

Every pregnancy journey is different, but they can all start in similar ways.

Morning sickness

Morning sickness is very common in the first 3 months and can be anytime of the day or night.

Thirsty or hungry

Increases in your appetite or more thirsty than usual.

Cravings or food aversions

Craving a particular food or drink, or suddenly not being able to eat something you usually like.

Sore breasts

Tender, sore or larger breasts.

Emotional

Your body is going through a lot of hormonal changes in the early stages and these can have an impact on your emotions.

Missed period

Missing your period is often the first sign of pregnancy.

Strange taste

A strange metallic taste in your mouth.

Aches and pains

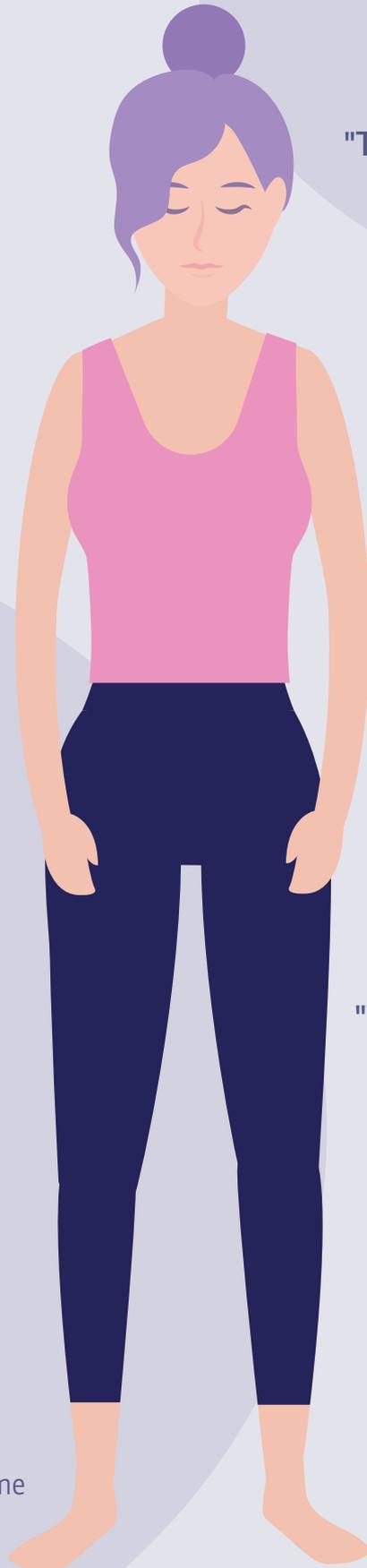
Hormonal changes can also give you some aches and pains.

Tired

Feeling tired is also very common, especially in the first 12 weeks.

Bladder changes

Needing to go to the toilet more often. Some women can also experience constipation or an increase in vaginal discharge.



"I didn't want my coffee that I've drunk every day for 13 years."

"Tired...couldn't keep my eyes open."

"Boobs. Ohhh the boob pain!"

"I was craving chilli food and I don't eat chilli."

"Late period. Didn't have any other symptoms until I actually found out I was pregnant...then came the fatigue and morning sickness."

"Very tired, big headaches and hungry all the time."

"Bursting into tears after hearing a song on the radio."

"Took a test when I was 5 days late."

"Had an extreme thirst that just could not be quenched."

"I started overheating at night. There's a reason they call it a bun in the oven... because you feel dang hot!"

"Terrible cramps every night around 3am for the first 4 weeks."