**Suggested title: Cramps. Am I pregnant or is it just the period?**

Women who are involved in sexual activity during their reproductive age are very conscious about their health. If they feel the presence of any kind of early pregnancy symptom, they become alert. One of the most common early pregnancy symptoms is implantation cramps. But cramps are not just a sign of pregnancy, they can also be a sign of menstruation. So, having cramps makes a woman think whether she is pregnant or is it just her period.

In order to understand whether you are having implantation cramps or PMS cramps, you need to know the differences between the two. This article includes every thing you need to know about implantation cramps and period cramps and how the both differ from each other,

**What are implantation cramps?**

When an egg is fertilized by a sperm, the process of pregnancy begins. After fertilization, the cells begin to grow and multiply. The fertilized egg then travels to the uterus where it is converted into a blastocyst. The blastocyst then burrows into the lining of the uterus, a process called implantation.

During the process of implantation, women feel cramps. These cramps usually occur due to the uterine contractions as reported by experts at [Health Line](https://www.healthline.com/health/pregnancy/implantation-cramping). Not every woman feels implantation cramps. Some women may feel no cramps at all.

**What are period cramps?**

According to a study conducted by [Grandi et al.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3392715/), menstrual pain, also called dysmenorrhea in medical terms, happens with about 84.1 % of women who have periods. Menstrual cramps are actually pain in the lower back and lower abdomen which can throbbing. These cramps are a result of uterine contractions that occur before and during menstruation.

These cramps are often very similar to implantation cramps which is why women misunderstand them for implantation cramps.

**Characteristics of implantation cramps**

Although implantation cramps do not appear in every pregnancy but if they do, they may be misunderstood to be any other kind of cramps. This is why it is important to understand the characteristics of implantation cramps and other early pregnancy symptoms associated with them. Experts at [Medical News Today](https://www.medicalnewstoday.com/articles/321456.php) explain the following characteristics of implantation cramps:

* **Occurrence:** Implantation cramps usually occur 0 to 14 days after ovulation and fertilization. The usually occur two to seven days before your period arrives.
* **Feeling:** Although implantation cramps may feel like period cramps but they are lighter in intensity. Implantation cramps may feel like light tingling, prickling or pulling sensations.
* **Location:** Implantation cramps usually occur around the lower back or lower abdomen which is why they often feel like period cramps. But sometimes they may occur only on one side of the body.
* **Duration:** The duration of these cramps usually varies for everyone. Some may only feel pain once for a short period while other may feel intermittent bouts of pain for several days.

**Other symptoms of pregnancy associated with implantation cramps**

Implantation cramps are often accompanied with other common and early symptoms of pregnancy which help to distinguish them from period cramps. According to reproductive health experts at [Mayo Clinic,](https://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/in-depth/symptoms-of-pregnancy/art-20043853) other symptoms of pregnancy are:

* **Implantation bleeding:** According to the [American Pregnancy Organization](https://americanpregnancy.org/getting-pregnant/what-is-implantation-bleeding/), when a fertilized egg is implanted in the uterus, its movement causes light bleeding or spotting. This bleeding or spotting is called ‘implantation bleeding’. The happens about 6 to 12 days after fertilization and is completely normal.
* **Breast tenderness:** Shifts in hormonal balance during the early stages of pregnancy can cause your breasts to become tender and swollen.
* **Nausea and vomiting:** Morning sickness is a very common symptom of pregnancy. Sometimes you may only feel nausea and sometimes the nausea may be accompanied with vomiting.
* **Fatigue:** It is one of the most common early pregnancy symptoms. The rise in the level of progesterone hormone during pregnancy increases fatigue and makes you feel sleepy and exhausted.
* **Increased urination:** Pregnancy usually comes with frequent visits to the bathroom. This is because the amount fluid in your body increases as the body begins to produce more blood leading to increased urination.
* **Bloating:** The hormonal changes during pregnancy may also cause bloating and discomfort in the stomach.

**Difference between implantation cramps and period cramps**

Although the signs and symptoms of pregnancy may feel similar to those of menstruation but there are slight differences between implantation cramps and period cramps. These differences can help you in recognizing if you are pregnant or is it just your period. These differences have been explained by Lemaire in their [study.](https://onlinelibrary.wiley.com/doi/abs/10.1177/0884217503261085)

* **Difference of intensity:** implantation cramps are usually light in intensity and dull as compared to menstrual cramps. Menstrual cramps can be very severe sometimes and occur at regular intervals.
* **Difference of appearance:** the color of implantation blood is different from that of period blood. implantation blood appears to be light pink or sometimes brown in color. On the other hand, period blood is usually bright red in color. Period blood also includes clots sometimes while implantation blood has no clots. Moreover, the amount of implantation blood continuously decreases with time. On the contrary, the amount of period blood increases and decreases alternatively.
* **Difference of timing:** The timing of implantation cramps and period cramps also differs; period cramps usually occur one to two days before your period arrives. On the other hand, implantation cramps occur two to seven days before the period.
* **Difference of duration:** The duration of implantation cramps is different from that of menstrual cramps. Implantation cramps may last from few hours to 2 or 3 days while menstrual cramps last from two to seven days.

On the whole, there is no doubt that it may be difficult to distinguish between implantation cramps and period cramps but a little amount of keen observation can help you diagnose your condition properly. However, if you still feel that you are unable to tell if you are pregnant or is it just signs of menstruation then you should consult your doctor. A good consultation session with your doctor will help you to better understand your condition.

Guidelines

Primary keyword: cramps no period

Keywords: cramps a week before period, implantation cramps, cramping early pregnancy, cramps 2 weeks before period, implantation symptoms, cramps but no period, how long does implantation cramping last, early signs of pregnancy cramping, signs of implantation, cramping after ovulation, days after ovulation, periods start, blood pressure, ectopic pregnancy, abdominal cramps, light bleeding, food cravings, ovarian cyst, ovarian cancer, women experience, pregnancy tests, sign of pregnancy, implantation bleeding, pregnant women, fallopian tube, early sign of pregnancy, morning sickness, frequent urination, home pregnancy test, reproductive organs

Word count: Currently at 1800 words, add 200 words

High school readability level

Tone of voice should be neutral

Add key takeaways at end of article

Add section for doctor to add his thoughts and recommendations

Add statistics and or data to back up why what we are saying works.

Paragraph length should focus on one idea or concept. Typically 1-5 sentences, no longer than 90 words

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