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Question

Write a short note on
micturition

the action of urinating.

Micturition or urination is the **process** of expelling urine from the bladder. This act is also known as voiding of the bladder. ... The **process of micturition** is regulated by the nervous system and the muscles of the bladder and urethra. The urinary bladder can store around 350-400ml of urine before it expels it out.

Most of the time, the bladder

(detrusor muscle) is used to store urine. As it fills, the rugae distend and a constant pressure in the bladder (intra-vesicular pressure) is maintained. This is known as the stress-relaxation phenomenon. The ability to voluntarily control micturition develops from 2 years as the CNS develops.

Micturition is also known as the voiding phase of bladder control and it is typically a short-lasting event. Urinary flow rate in a full bladder is:

- 20-25ml/s in men
- 25-30ml/s in women

Whilst the capacity of the bladder varies from roughly 300-550ml, afferent nerves in the bladder wall signal the need to void the bladder at around 400ml of filling.