**M-AKANIMO EMEM**

**18/MHS02/026**

**NURSING SCIENCE**

**200L**

WRITE A SHORT NOTE ON MICTURITION.

Micturition is a process by which urine is expelled from the urinary bladder. This act is also known as voiding of the bladder. It is a reflex process, although it can be cntrolled in adults. The excretory system in humans includes a pair of kidneys, two ureters, and a urethra. The kidney filters the urine and is transported to the urinary bladder via the ureters where it is stored till its expulsion. The process of micturition is regulated by the nervous system and muscles of the bladder and urethra. The urinary bladder can store about 350-400ml urine before it is expelled.

STAGES OF MICTURITION

1. Resting or filling stage

2. Voiding stage

RESTING OR FILLING STAGE

In this phase the urine is transproted from the kidneys via the ureters into the bladder. the ureter are thin muscular tubes that arises from the kidney and extends downwards where they enyer into the bladder obliquely. this oblique nature prevents the urine from going back into the ureters. The main muscle of the urinary bladder, the detrusor muscle relaxes allowing the bladder to distend and accommodate more urine.

VOIDING STAGE

Imn this stage oth the bladder and the urethra comes too play, the detrusor muscle of the urinary bladder that was relaxing starts to contract once the bladder storage capacity is reached.