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1. Micturition: is simply the act of urinating.

In other words, it 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.

\*There is no difference between micturition and urination.

Micturition has two discrete phases; the storage and continence phase, when urine is stored in the bladder; and the voiding phase, where urine is released through the urethra.

The muscles controlling micturition are controlled by the autonomic and somatic nervous systems. The external urethra sphincter (sphincter urethrae) is under somatic control and is consciously relaxed during micturition. In infants, voiding occurs involuntarily (as a reflex).