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Department: Nursing Science

Course: Physiology

 Assignment

Write a short note on Micturition

 Micturition (urination) is the process of urine excretion from the urinary bladder. It is also known as the voiding phase of bladder control and it is typically a short-lasting event. In healthy humans (and many other animals) the process of urination is under voluntary control. In infants, some elderly individuals, and those with neurological injury, urination may occur as a reflex. It is normal for adult humans to urinate up to seven times during the day.

 Micturition involves the simultaneous coordinated contraction of the bladder detrusor muscle, which is controlled by parasympathetic nerves, and the relaxation of the bladder neck and sphincter, which are controlled by sympathetic nerves.

 The micturition cycle involves two phases: bladder filling/urine storage and bladder emptying. Bladder filling requires (i) accommodation of increasing volumes at low intravesical pressure (compliance) and appropriate sensation, (ii) the bladder outlet to be closed at rest and during increases in intra-abdominal pressure, and (iii) the absence of involuntary bladder contractions. Bladder emptying requires (i) coordinated contraction of the bladder of adequate magnitude and duration, (ii) lowering of resistance at sphincters, and (iii) the absence of obstruction (e.g., enlargement of the prostate gland in the aging male may result in bladder outlet obstruction, precluding efficient micturition).