

Pontine micturition center

The Pontine micturition center (PMC, also known as Barrington's nucleus) is a collection of neuronal cell bodies located in the rostral [pons](#) in the [brainstem](#) involved in the supraspinal regulation of [micturition](#). When activated, the PMC relaxes the urethral sphincter allowing for micturition to occur. The PMC coordinates with other brain centers, including the medial [frontal cortex](#), [insular cortex](#), [hypothalamus](#) and [periaqueductal gray](#) (PAG). The PAG acts as a relay station for ascending [bladder](#) information from the [spinal cord](#) and incoming signals from higher brain areas.

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