

Urination

Urination is the release of [urine](#) from the [urinary bladder](#) through the [urethra](#) to the outside of the body. It is the urinary system's form of excretion. It is also known medically as micturition, voiding, uresis, or, rarely, emiction, and known colloquially by various names including peeing, weeing, and pissing.

In healthy humans (and many other animals) the process of urination is under voluntary control. In infants, some elderly individuals, and those with neurological injuries, urination may occur as a reflex. It is normal for adult humans to urinate up to seven times during the day.

Micturition reflex

The micturition [reflex](#) is a bladder-to-bladder [contraction](#) reflex for which the reflex center is located in the rostral pontine tegmentum (pontine micturition center: PMC). There are two afferent pathways from the bladder to the brain. One is the dorsal system and the other is the [spinothalamic tract](#).

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