

BLADDER: NORMAL URINATION

Normal Bladder Health Patterns

- Toileting every 2 - 4 hours during the day
- Sleeping through the night 7 - 8 hours (In people over 70, use of bathroom 1 - 2 times a night is normal.)
- Presence of controllable awareness of need to toilet

- Absence of any leaking with physical activities, coughing, sneezing, bending, lifting, exercise, getting up from sitting and reclining
- Absence of frequent uncontrollable urge feelings
- Adequate intake of fluids; 6 - 8 glasses of fluid daily
- Freedom to participate in daily activities without fear of limitations because of bladder health problems

How Do We Urinate?

The kidneys filter the blood of waste and impurities. This liquid, called urine, is transported to the bladder in tubes called ureters. The bladder is a reservoir, like a balloon. Its inner lining is made up of an involuntary muscle called the detrusor.

It stays relaxed as the bladder fills. At the base of the bladder is another involuntary muscle called the internal urinary sphincter. This muscle contracts as the bladder fills.

Bladder: Normal Urination (Continued)

The bladder holds the urine until a series of reflexes causes an urge to go to the bathroom. The brain sends signals to the bladder and sphincters to "hold it" until an appropriate time. Below the bladder are voluntary muscles called the external urinary sphincter and the several muscles collectively called the Pelvic Floor or Levator Ani.

These muscles will begin to contract if the urge becomes very strong as a "backup". They also provide a seal to the urethra during increases in abdominal pressure, such as a cough or sneeze. Urination begins with the pelvic floor and sphincter relaxing as the detrusor contracts urine out of the body.

URINATION CYCLE:

