

Urge to Micturate	Urine volume in bladder in mL (oz)	Production Rate (minutes unless otherwise indicated)					
		1 mL / minute ("normal")	3 mL / minute	5 mL / minute	6 mL / minute	8 mL / minute	10 mL / minute
Mild	125 (4)	2 hrs	42 min (3/4 hr)	25	21	15	12
Strong	250 (8)	4 hrs	84 min (<1.5hr)	50	42	31	25
Very Strong / Painful	375 (12-13)	6.25 hrs	125 min (2 hrs)	75	62	47	38
Maximum Capacity for most people approx. 500 (17)		8.3 hrs	167 min (2.75 hrs)	100	83	62	50