

## Urination vs. Diuresis

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In medicine, it is common to use the terms “urination” and “diuresis” as synonyms, but are they really?

Although they are etymologically related, there is a subtle difference.

### Urination:

1. The act and effect of urinating.
2. The act of urinating (expelling urine).
3. Urine.

**Synonyms:** urine emission, bladder evacuation, bladder emptying.

**Diuresis:** (From the scientific Latin *diuresis*, which coes from the Greek διούρησις *diourēsis* [*di(á)* ‘through’ + *ouré-* ‘urinating’ + *sis*], derived from διουρεῖν *dioureîn* «to urinate»; documented in English since 1681):

1. Excretion of urine to the exterior once produced by the kidney; it may occur through physiological urination or urethral or suprapubic bladder catheterization.
2. *Physiol.* Urine excretion.
3. *Physiol.* Amount of urine produced per unit of time.

**Synonym:** urinary output.

As can be inferred, although both words refer to urine, the term diuresis refers to the production of urine in the kidney to excrete water and solutes, as well as the quantity produced, while the word urination refers specifically to the natural excretion of urine through the urethra or via catheterization, or to the urine itself as a product of diuresis.

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