



Inside each kidney are a million tiny tubes called nephrons.

**CLEANING STATIONS**  
 Every time your heart beats, it pumps blood into both of your kidneys. The blood carries wastes made by other cells. When the blood leaves the kidneys, most of the wastes are gone.

Nephrons clean the blood. They remove wastes and get rid of water your body does not need.

The water and wastes make urine. Follow the tube to deliver urine to the bladder. The bladder stores urine until you go to the bathroom to pee.