

**Patient
Information**

After dribble (post micturition)

Introduction

After-dribble means the loss of a few drops of urine after the main stream, when the bladder appears to be empty. The medical term for this condition is post micturition dribbling. This leaflet gives you information about post micturition dribble and how to manage the condition.

Few men admit to having this problem but a great many suffer and are embarrassed by it. Post micturition dribble affects men of all ages. It usually happens just as the penis is being replaced and garments rearranged and then the trousers get wet and stained. Some men find that, despite waiting and shaking, it remains a problem.

What happens is that the urethra (the tube leading from the bladder to the tip of the penis) is not being emptied completely by the muscle surrounding it. A 'collection' of urine pools in the urethra. The best way to deal with the problem is to push the last few drops of urine from the urethra with the fingers before the final shake.

The method is as follows:

- Pass urine in the usual manner then wait for a few seconds to allow the bladder to empty.
- Place the fingertips of your hand about three finger-widths behind your scrotum and press gently (see point 'A' on Figure 1).
- Still applying pressure, bring your fingers forward towards the base of your penis, under the scrotum (see the 'direction arrow' on the diagram).
- This pushes the urine forward into the penile urethra from where it can be emptied by shaking or squeezing in the usual way.
- Repeat this process twice to make sure that the urethra is completely empty. This method can be practised at home.
- When in a public toilet it would be better to use a cubicle, it only takes a few seconds and will avoid the problem of stained trousers.

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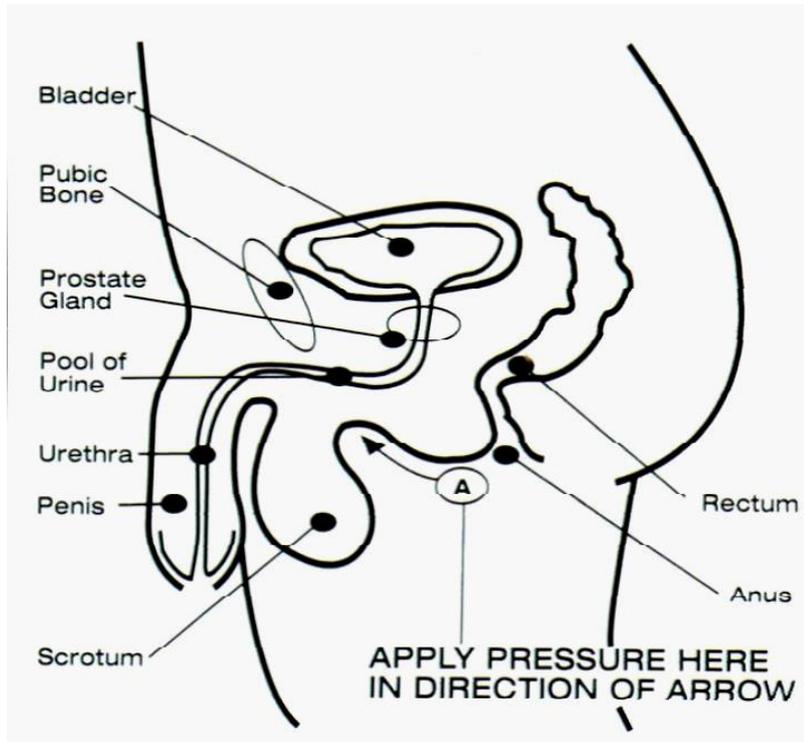


Figure 1: Diagram showing where to apply pressure to remove the pool of urine

Pelvic floor exercises

There is another way of dealing with after-dribble. This is by performing pelvic floor exercises. Please contact your GP or a Specialist Continence Nurse, who can give you more information.

If after-dribble is connected with other urinary problems, for example delay, frequency or urgency, please ask your GP for advice.

Contact information

For further advice please contact:

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