

After-dribble or post micturition dribble

**A common problem for
men**

Introduction

Few men admit to having this problem but a great many suffer and are embarrassed by it. It affects all ages.

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.

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.

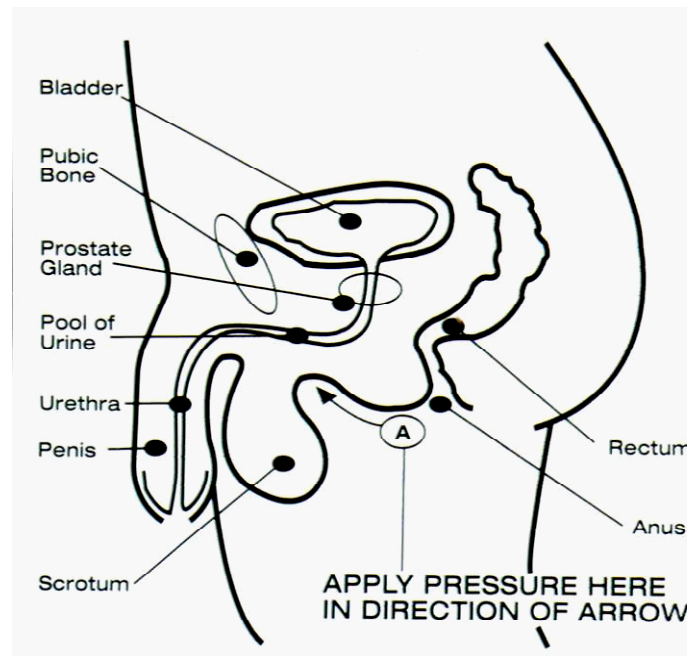
What happens is that the urethra (the tube leading from the bladder to the tip of the penis) is not being emptied completely by the muscle surrounding it. A 'sump' of urine pools in the urethra.

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 technique 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 the diagram)

- 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 ensure that the urethra is completely empty
- This technique can be practised at home
- When in a public toilet it would be better to use a cubicle; it can then be done discreetly, with a hand inside a trouser pocket. It only takes a few seconds and will avoid the problem of stained trousers.



Pelvic floor exercises:

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

If after-dribble is associated with other urinary problems, for example delay or frequency or urgency, please consult your doctor.

For further advice you can contact the Gloucestershire Continence Service at:

Telephone: 08454 225305

Address:

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