



Bladder & Bowel Community

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Factsheet: After Dribble (for men)

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*. Few men admit to having this problem but a great many suffer from it and are often badly embarrassed by it. Men at all ages can be affected.

It usually happens just as the penis is being replaced and garments rearranged, and ends up with trousers getting wet. Some men find that, despite waiting and shaking, it remains a problem.

What causes PMD

PMD is due to a weakness of the muscles of the pelvic floor which surround the urethra. These layers of muscle stretch from the pubic bone to the tailend (coccyx) and from side to side. Firm and well-toned pelvic floor muscles help support the bladder, womb and bowel, and help to close the bladder outlet and back passage. The pelvic floor is also thought to play a role in maintaining an erection. The pelvic floor muscles can be weakened by:

- Operations for an enlarged prostate
- Continual straining to empty the bowels especially when constipated
- Constant cough, for example, a smoker's cough
- Overweight
- Neurological damage
- Persistent heavy lifting

Other signs of urinary dysfunction are not normally present, although some men have symptoms such as urgency, frequency, hesitancy and straining. For older men, they may develop PMD following a prostatectomy and may have associated urinary symptoms.

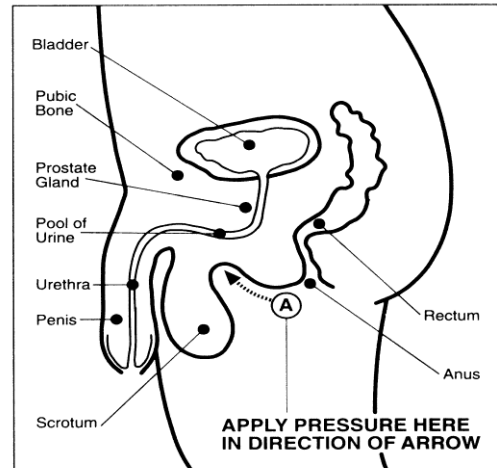
Treatments

There are two proven ways of dealing with this problem. One is to perform pelvic floor exercises, the other is to push the last few drops of urine from the urethra with the fingers before the final shake.

1. Pelvic floor muscle exercises or pelvic floor muscle rehabilitation can, if done correctly, help you improve your bladder and bowel control and resolve or improve leakage. They can also be used to help you if you already have symptoms of pelvic floor weakness. When a muscle is not exercised it will weaken through lack of use. Like any other muscles in the body, the more you use and exercise them, the stronger the muscles will be. The pelvic floor muscles are no exception. To find out how to perform pelvic floor muscle exercises please see our fact sheet Pelvic Floor Exercises For Men in our Resources section.

2. To push the last remaining drops of urine from the urethra The technique is as follows:

- After passing urine, wait for a few seconds to allow the bladder to empty.
- Place the fingertips of the left hand three finger-breadths behind the scrotum and apply gentle pressure (see A in diagram).
- Keeping the pressure in the midline, gently but positively draw the fingers forwards towards the base of the penis under the scrotum.
- This pushes the urine forward into the penile urethra from where it can be emptied by shaking or squeezing in the usual way.
- Before leaving the toilet, repeat the technique twice to ensure that the urethra is completely empty.



This technique can be practised at home. When in public toilets it can be done discreetly, with a hand inside a trouser pocket. It only takes a few seconds and may avoid the problem of wet trousers.

Further Information

If after-dribble is associated with other urinary problems, for example delay or difficulty in emptying the bladder or very frequent or urgent need to pass water, please consult your doctor. You may wish to contact your local continence clinic, which are run by the NHS and there are many in the UK.

The Bladder and Bowel Community provides information and support for people with bladder and bowel issues. We publish a wide range of user friendly booklets and factsheets.

For more information please call us on 01926 357220, email help@bladderandbowelfoundation.org or write to us at The Bladder and Bowel Community, 7 The Court, Holywell Business Park, Northfield Road, Southam, CV47 0FS.

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