

# Post Micturition Dribble

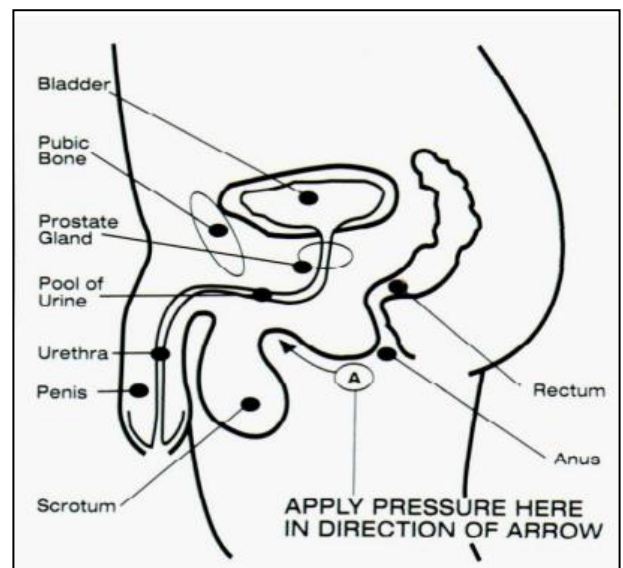
## Information for patients

Post micturition dribbling is the medical term for after dribble. This is the loss of a few drops of urine after the main stream, when the bladder appears to be empty. This leaflet gives you information about post micturition dribble and how to manage the condition. It affects all ages and can prove to be rather embarrassing. Even though few men admit to it, this is a common problem.

The dribble is caused by the last few drops of urine remaining in the urethra (the tube from the bladder to the tip of the penis) causing a small collection of urine to form. The best technique is to remove these final drops by gently squeezing the urethra before the final shake. More information on this technique is given below. If the after dribble is associated with other symptoms such as delay, frequency, or urgency, you should let your Urologist, GP or Urology Nurse know.

### Follow this technique:

- Pass urine as normal and allow the bladder to empty for a few seconds
- Place the fingertips of one hand about three finger widths behind your scrotum and gently apply pressure
- Still pressing, draw your fingers forwards and in a downwards motion, between the testicles towards the end of the penis. This pushes urine into the urethra from where it can be emptied 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.



Here are a few other things that you can do to help the pipe empty completely each time you pass urine:

- Make sure your clothes don't prevent you getting a "downhill flow for the urine" (pull clothing/underwear down completely)
- Be patient – allow a little longer for the pipe to drain
- Contracting the pelvic floor muscles once you have emptied your bladder can also help to clear those last few drops.

## How to exercise the pelvic floor muscles

The floor of the pelvis is made up of layers of muscle called the pelvic floor. They are like an elastic hammock inside your body. They stretch from the pubic bone at the front, to the base of the spine and the coccyx (tail bone) at the back.

Pelvic floor exercises can be performed in any position, however practicing these exercises in sitting or standing is most beneficial. Gradually build up until you can manage to do 10 long hold exercises and 10 short hold exercises up to 5 times a day.

### Step 1

Get yourself in a comfortable position; this can be in lying, sitting or standing. Now imagine you are trying to stop yourself from breaking wind and passing water. This should feel like an internal squeeze and lift. Try to breathe normally and avoid squeezing the muscles in your buttocks, thighs and stomach.

### Step 2

You can check your technique by standing in front of the mirror without clothes. When you tighten these muscles you should see the base of your penis pull up towards your tummy and your scrotum lift up.

### Step 3

**Long Holds** - gently tighten the pelvic floor muscles and hold for as long as you can (10 seconds maximum). Then relax the muscles for a count of 4. You can repeat this tightening and relaxing up to a maximum of 10 times.

**Short Holds** – tighten the pelvic floor muscles as hard as possible for just a second before relaxing. You can repeat this tightening and relaxing for a maximum of 10 times.