

Contact information

For further information and help please contact:

Central Booking for our Continence Service

Tel: 01603 216021

Other useful contacts

www.malehealth.co.uk

Prostate Research Campaign UK

Tel: 020 8877 5840

Email: info@prostate-research.org.uk

UK Prostate Link

www.prostate-link.org.uk

The British Prostatitis Support Association

www.bps-assoc.org.uk

The Prostate Cancer Charity

Helpline 0845 300 8383

Email: info@prostate-cancer.org.uk

www.prostate-cancer.org.uk



**Norfolk Community
Health and Care**

NHS Trust

Post- micturition dribble

(dribble after passing urine)

A common problem

You can receive help with queries about NHS services from our
Patient Advice and Liaison Service

Telephone: **0800 088 4449**

Email: pals@nchc.nhs.uk



If you would like this leaflet in large print, audio, Braille, alternative format or in a different language please contact **0800 088 4449**

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LOOKING AFTER YOU LOCALLY

Few men admit to having this problem, but a great many suffer and are embarrassed by it. It affects men of 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 re-arranged and ends up with trousers getting wet and stained. Some men find that, despite waiting and shaking, it remains a problem. What is happening 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. Urine can pool in the part of the urethra called the Bulbar. (see diagram on right).

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:

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 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 will avoid the problem of stained trousers.

If after-dribble is associated with other urinary problems, for example delay or difficulty in emptying the bladder, or frequency or urgency, please consult your doctor or continence clinician.

