

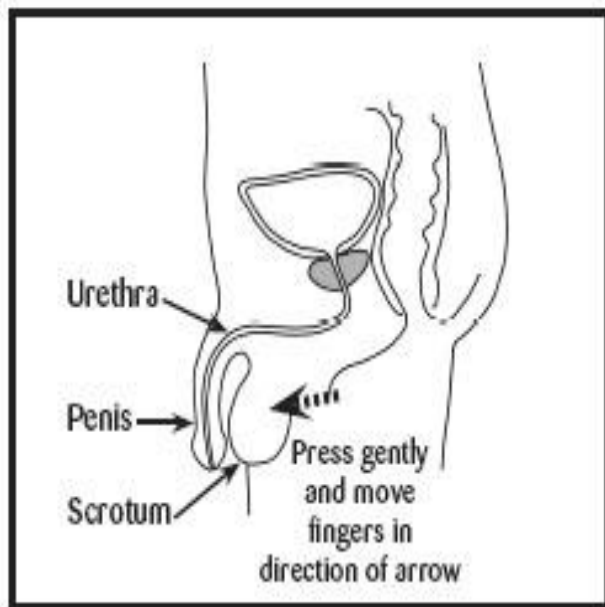
# Post Micturition Dribbling

Post micturition dribbling is the medical term for after dribble. 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 overleaf. If the after dribble is associated with other symptoms such as delay, frequency or urgency, let your Urologist 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 the 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.

Pelvic Floor exercises are another way of dealing with the problem (See the RUH Leaflet Pelvic floor exercises for Men).

## Contact details for further information

If you need further information or have any questions, please contact:

Monday to Friday 9am to 5pm:

Urology Outpatients Reception **01225 825990**

Urology Nurse Specialists **01225 924034**

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.