Royal United Hospitals Bath
NHS Foundation Trust

Post micturition dribbling

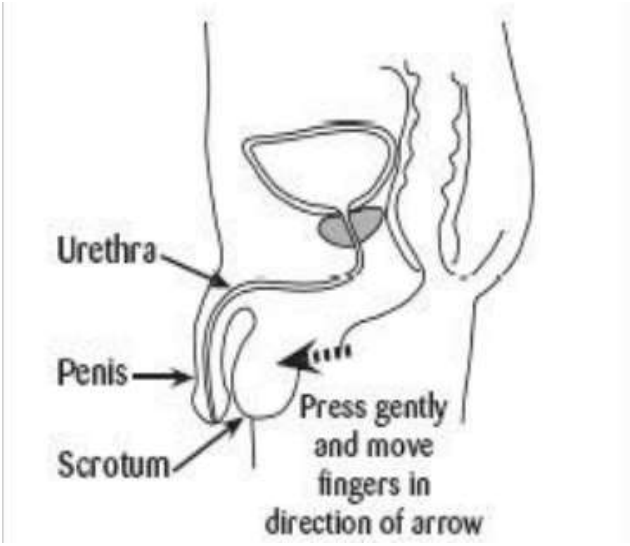
Post micturition dribbling is the medical term for after dribble. It affects all ages and can prove to be rather embarrassing. Even though few men admit to it, this is a common problem.

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.



Contact details

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 824034

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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