Post-micturition dribble

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What is post-micturition dribble?

Many men experience the loss of a few drops of urine after the main flow has finished (post-micturition dribble). This can affect men of any age. It usually happens just as the penis is being replaced and clothes re-arranged. Some men find that despite waiting a few moments and shaking the penis it still remains a problem.

Why does this happen?

After passing urine, the urethra (the tube from the bladder to the tip of the penis) doesn’t get completely emptied by the muscles surrounding it. (This is shown below.)
The muscles that help to empty the urethra are called pelvic floor muscles. These muscles form a broad sling running from the pubic bone at the front to the tail bone (coccyx) at the back. As the name suggests they form the floor of your pelvis. This sling of muscles supports the abdomen and plays an important role in bladder and bowel control.

The pelvic floor muscles can be weakened by:

- Prostate surgery
- Continual straining to empty your bowels
- Chronic cough
- Being overweight
- Neurological damage
- Persistent heavy lifting

There are two techniques that can help:

1. Pelvic floor tightening
2. Bulbar urethral massage

1. Pelvic floor tightening

How to identify the pelvic floor muscles
Imagine you are trying to stop yourself passing wind by tightening the muscle at your back passage (anus). At the same time imagine you are trying to stop the flow of urine.

Try not to squeeze your buttocks or tighten your thighs or tummy muscles. Don’t hold your breath.
You can check you are doing the exercises properly by placing your fingertips just behind your scrotum and feeling the lift as you tighten.
To help with your post-micturition dribble wait a few seconds at the end of your flow then do a strong pelvic floor tightening. This will help squeeze any remaining urine down the urethra. Repeat the technique to make sure the urethra is completely empty.

This is a basic pelvic floor contraction. Your continence physiotherapist can teach you a set of exercises to strengthen the muscle if your pelvic floor is weak.

2. Bulbar urethral massage

- Wait a few seconds at the end of your flow to allow the bladder to empty
- Place your fingers behind your scrotum and apply gentle pressure
- Maintaining this pressure bring your fingers forwards towards the base of your penis under the scrotum in the direction of the arrow (see diagram on page 6)

This helps to push the urine forwards. You can pass the urine by shaking or squeezing the penis. Repeat the technique twice to make sure the urethra is completely empty.
Both these techniques can be used on their own or in combination with each other.

If post-micturition dribble is associated with other urinary symptoms - for example, delay or difficulty emptying the bladder, frequency of passing urine or the inability to hold on - please consult you doctor or continence professional.
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