

Post Micturition Dribble

Many men of all ages can experience the loss of a few drops of urine after their main flow has finished (Post Micturition Dribble). This usually happens when you are rearranging your trousers and it can result in wet and stained clothing.

Why does it happen?

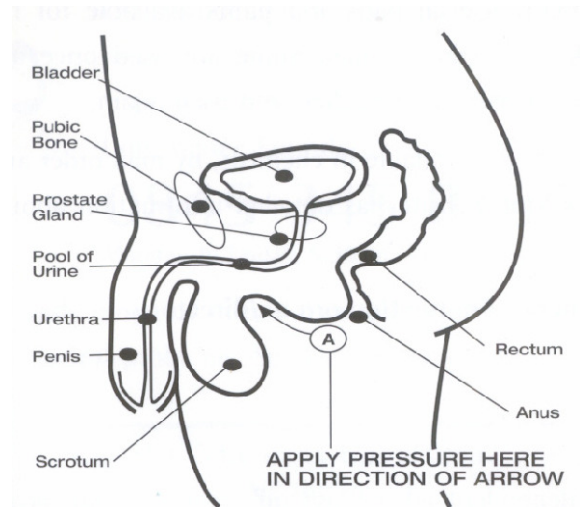
It happens when a pool of urine collects in your urethra (the tube leading from your bladder). This may be because your urethra has become slack and wider or because it is not being emptied properly by the muscles surrounding it.

What can you do?

There are a couple of simple ways to help empty the last few drops of urine from your urethra

Pushing the Urine Out

- Wait a few seconds after the end of your main flow to allow your bladder to empty
- Place your fingertips about three finger-widths behind your scrotum and press gently (see diagram)
- Still applying pressure, bring your fingers forward towards the base of your penis under the scrotum
- Repeat this twice to make sure the urethra is empty
- The urine can then be passed by shaking or squeezing in the usual way



When in a public toilet this can be done with your hand in your pocket, so no one need notice.

Pelvic Floor Exercises

- Wait a few seconds after the end of your main flow to allow your bladder to empty
- Tighten up your pelvic floor muscles strongly
- A separate leaflet is available on the Continence Service webpage on Pelvic Floor Exercises for Men