

## PATIENT INFORMATION

### Post Micturition Dribble (After Dribble)

Few men admit to having this problem but a great many suffer from it and are embarrassed by it. It affects all ages.

After-dribble means the loss of a few drops of urine after the main stream, when the bladder appears to be empty.

It usually happens just as the penis is being replaced and garments re-arranged, and results in a small patch of urine staining the underpants. Some men find that, despite waiting and shaking, this remains a problem. This is caused by the urethra (or 'waterpipe') failing to empty completely and urine becoming 'trapped in the U-bend'.

The best way to deal with the problem is to 'milk' 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 three finger-breadths or so behind the scrotum and apply gentle pressure.

Keeping the pressure in the midline, gently but positively draw the fingers forward towards the base of the penis under the scrotum.

Repeat the technique twice or three times to ensure that the urethra is completely empty before leaving the toilet.

This technique can be easily practised at home. When in public toilets it can be done discreetly, with a hand inside a trouser pocket, or by simply opting to use a cubicle. It only takes a few seconds and will avoid the problem of stained trousers.

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