

Patient information

Post Micturition Dribble - Men

What is?

Post micturition dribble (PMD) or after dribble means the loss of a few drops of urine immediately after passing urine/voiding, when the bladder appears to be empty. Few men admit to having this problem but a great many suffer from PMD and are embarrassed by it. It can affect all ages.

Why does it occur?

PMD is often due to weakness of the pelvic floor. The pelvic floor can be weakened by:

- Surgery on the prostate gland
- Continual straining to empty bowels, which could be due to constipation
- Constant cough e.g. a smoker's cough
- Being overweight
- Neurological damage
- Persistent heavy lifting

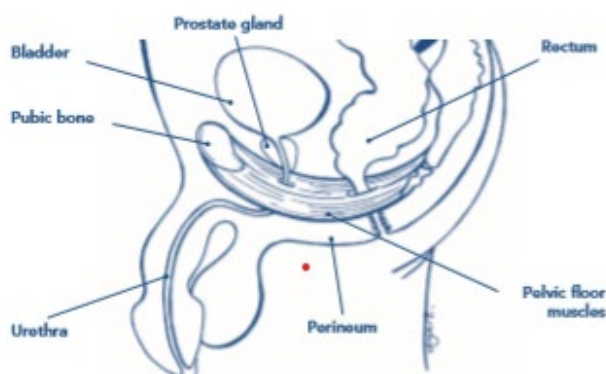
What are the symptoms?

The urethra (water pipe) fails to empty completely and urine becomes trapped in the bulbar urethra (U-bend) which then dribbles out on movement as a person walks away from the toilet.

How is it treated?

Pelvic floor exercises

These exercises strengthen the pelvic floor muscles. For more information please see patient information leaflet on Pelvic Floor Exercises for Men.



Bulbar urethral massage

This is also known as 'urethral milking'. 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 widths behind the scrotum and gently massage in a forward and upwards direction towards the base of the penis, under the scrotum.
- This ‘milks’ the urine forward into the penile urethra from where it can be emptied by shaking or squeezing in the usual way.
- Repeat the process twice to ensure that the urethra is completely empty.
- Then tighten your pelvic floor muscles up strongly (up to 10 seconds), then release. This may also help to avoid the embarrassing post micturition dribble.

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

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

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Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information: Pelvic Health Physiotherapy Team

The directorate group that have agreed this patient information leaflet: Community Health Integrated Care

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