Post Micturition Dribble
Urology
Patient Information Leaflet
What is Post-micturition dribble (PMD) or after dribble?

This is the name given to the problem when men experience an involuntary loss of urine immediately after they have finished passing urine, usually after leaving the toilet. It is not caused by stress from exertion or due to a problem with the bladder, and it should be distinguished from terminal dribble, which occurs at the end of passing urine. The condition can be a nuisance and cause embarrassment. It may occur in women but it is much more common in men.

Most men with PMD urinate normally however PMD is likely to occur when the penis is being replaced and clothes rearranged after a visit to the toilet. Trousers can end up getting wet. Men usually find that even after waiting and gently shaking, the problem remains.

PMD is due to a weakness of the muscles of the pelvic floor which surround the urethra. The pelvic floor muscles can be weakened by:

- Operations for an enlarged prostate
- Continual straining to empty the bowels especially when constipated
- Constant cough, for example, a smoker's cough
- Overweight
- Neurological damage
- Persistent heavy lifting

The best way to deal with the problem is to push the last few drops of urine from the urethra with the fingers before the final shake.

Technique

- Pass urine in the usual manner, then wait for a few seconds to allow the bladder to empty
- Place the fingertips of your hand about three finger-widths behind your scrotum and press gently (see point ‘A’ on the diagram)
- Still applying pressure, bring your fingers forward towards the base of your penis, under the scrotum. (see the ‘direction arrow’ on the diagram)
- This pushes the urine forward into the penile urethra from where it can be emptied by shaking or squeezing in the usual way
- Repeat this process twice to ensure that the urethra is completely empty
- This technique can be practised at home
- When in a public toilet it would be better to use a cubicle; however, it can then be done discreetly, with a hand inside a trouser pocket. It only takes a few seconds and will avoid the problem of stained trousers
Further Information

Hospital Contact Numbers
If you have any questions or are unsure about any of the information provided in this booklet, please contact a member of our Urology team on one of the numbers listed below.

Urology Nurse Specialists:-
Monday – Friday 08:00 – 16:00
Tel: 01384 456111 Extension 2873 or Mobile 07787512834

Other Resources
www.rcseng.ac.uk/patient_information
www.patient.co.uk
www.patientinformation.org.uk
www.rcoa.ac.uk (for information about anaesthetics)
www.prodigy.nhs.uk.PILS
www.nhsdirect.nhs.uk
www.besttreatments.co.uk
www.nhs.uk
This Information can be made available in large print, audio version and in other languages, please call 0800 0730510.

If you would like to speak to someone in a language other than English, you can call 0800 0730510.

If you have any questions about this publication, please contact the Information Co-ordinator on 0800 0730510.

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