

Halton Adult Bladder & Bowel

After dribble technique



What is after dribble?

After dribble, known medically as post micturition dribbling, is the loss of a few drops of urine immediately after passing the mainstream of urine when the bladder appears to be empty.

When does it happen?

It usually happens just as the penis is being put away and garments rearranged; this can result in clothes getting wet and stained.

Some men find it remains a problem despite waiting and shaking the penis after they have finished passing urine.

Why does it happen?

It happens when the urethra (the tube leading from the bladder to the tip of the penis) is not being emptied completely by the muscles surrounding it. This results in a pooling of urine in the urethra.

How do I deal with the problem?

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

The technique (see below) only takes a few seconds and will avoid the problem of stained clothing.

Technique

The following technique can be practiced at home:

- After passing urine, wait for a few seconds to allow the bladder to empty
- Place the finger – breadths behind the scrotum and apply pressure
- Keeping the pressure in midline, gently but positively draw the fingers forwards towards the base of the penis under the scrotum
- Urine will be pushed forward towards the base of the penis under the scrotum and then into the penile urethra
- Empty the urine by shaking or squeezing in the usual way
- Before leaving the toilet, repeat the technique twice to ensure the urethra is completely empty

The technique can be carried out discreetly through your clothing when using public toilets.

Other urinary problems

Please contact your doctor if after dribble is associated with other urinary problems, such as delay or difficulty in emptying the bladder, frequency, or urgency.

Contact details

Bladder & Bowel Service
Health Care Resource Centre
Oaks Place
Off Caldwell Road
Widnes
WA8 7GD

Telephone number: 01744 624930

Useful information

Bladder & Bowel Community
Telephone number: 01926 357220

www.bladderandbowelfoundation.org

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