

# What is post micturition dribble?

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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.

PMD is often due to a weakness of the pelvic floor. The pelvic floor muscles 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, asthma, chronic obstructive pulmonary disease
- Being overweight
- Neurological damage
- Persistent heavy lifting

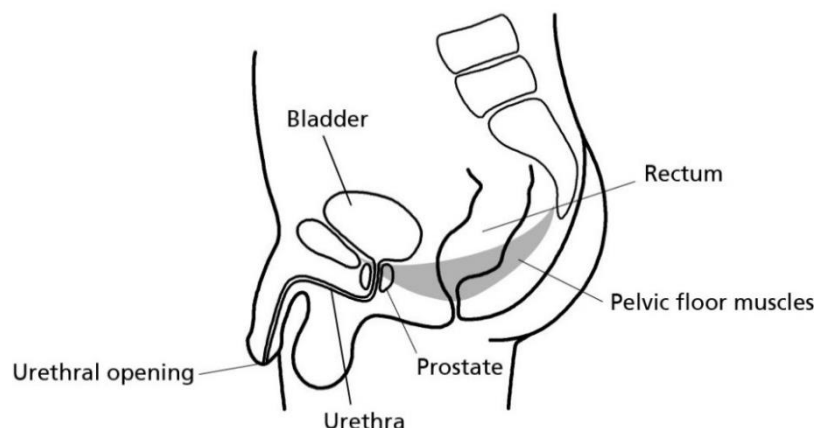
## What are the symptoms?

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 person walks away from the toilet.

## How is it treated?

### Pelvic floor exercises

These exercises strengthen the pelvic floor muscles. For more information 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 (see diagram). 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.

## Further information

If you have any concern about your PMD, please contact your GP.

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## PALS

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