



## Bladder and Bowel Service

# After Dribble

**This is a common problem which can affect men of all ages, the medical term is Post Micturition Dribble (PMD).**

PMD is the loss of a few drops after passing urine, when the bladder feels empty. It usually occurs when walking away from the toilet resulting in wet underwear and trousers.

### **Why does it happen?**

The urethra (the tube leading from your bladder to the tip of your penis) is not being emptied completely by the muscles which surround it. A small amount of urine pools in the bend of the urethra (see inside).

## What can I do about it?

- Pelvic floor muscle contractions.
- Bulbar urethral massage.
- Pelvic floor muscle exercises may also help (see separate leaflet).

### **Pelvic floor muscle contraction:**

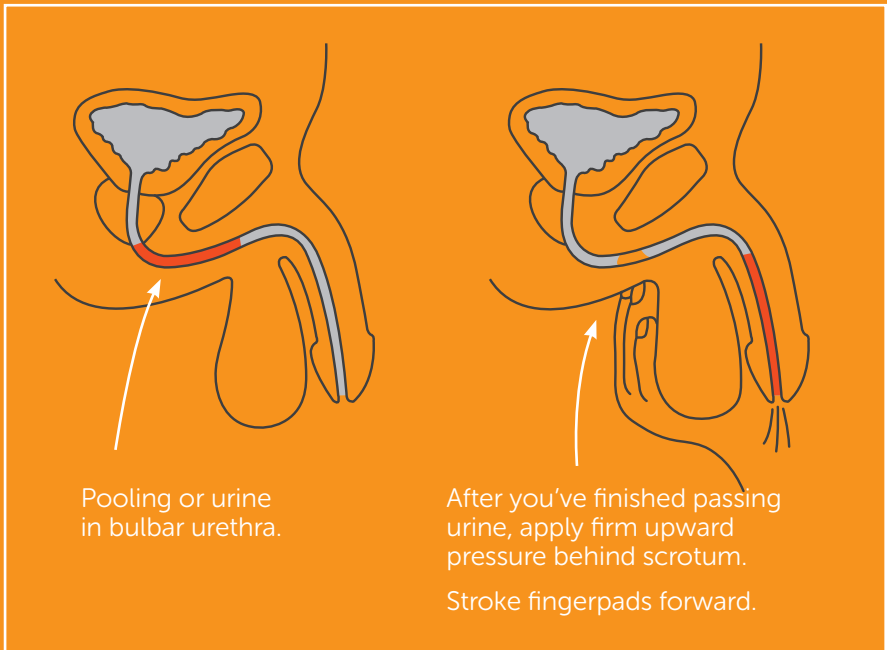
1. Wait a few seconds at the end of your flow then do a strong pelvic floor tightening. This will help squeeze any remaining urine down the urethra.
2. Repeat the technique quickly to make sure the urethra is completely empty.

### **To identify your pelvic floor muscles;**

- Imagining you are trying to stop yourself from passing urine, or trying to shorten/draw your penis up and inwards.
- Squeeze and lift from the front.
- Now try lifting the muscles from the back as if stopping the escape of wind.
- When you think you can do this try lifting the front and back together.
- Try not to squeeze your buttocks or tighten your thighs or tummy muscles and don't hold your breath.
- You can check you are doing the exercise properly by placing your fingertips just behind your scrotum and feeling the lift as you tighten.

# Bulbar Urethral Massage

1. After passing urine wait a few seconds.
2. Place your fingertips, three fingers breadth, behind your scrotum and apply gentle pressure.
3. Keeping the pressure midline, gently draw your fingers forward and upwards towards the base of your penis under your scrotum. This will “milk out” the trapped urine forcing it to the end of the urethra, where it can then be emptied by shaking your penis in the normal way.
4. Repeat the technique twice to ensure your urethra is empty.



## Useful Information

Bladder and Bowel UK

[www.bbuk.org.uk](http://www.bbuk.org.uk) T: 0161 607 8219

e: [bbuk@disabledliving.co.uk](mailto:bbuk@disabledliving.co.uk)

Use it or Lose it! A Self-Help guide for men.  
Prof G Dorey. 2001

For further information  
please contact:

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## Let us know what you think...

You can contact a CHCP Customer Care  
Advisor if you have a comment, concern,  
compliment or complaint by writing to:

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5 Beacon Way  
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HU3 4AE

[chcp.customercare@nhs.net](mailto:chcp.customercare@nhs.net)

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