

After dribble

Urology Department

Patient Information Leaflet

Introduction

This leaflet is for men who have after dribble. The medical name of this is post-micturition dribble (**PMD**). It gives information on what PMD is and how you can deal with it.

What is PMD?

It is when men experience an involuntary loss of urine after they have finished passing urine, usually after leaving the toilet. The condition can be a nuisance and cause embarrassment. It can occur in women but it is much more common in men.

Most men with PMD urinate normally but PMD is likely to occur when the penis is put back inside trousers 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.

What causes PMD?

PMD is due to a weakness of the muscles of the pelvic floor which surround the urethra. The urethra is the tube leading from the bladder to the outside of the body. The pelvic floor muscles can be weakened by:

- Operations for an enlarged prostate
- Continual straining to empty the bowels, especially when constipated
- A constant cough, for example, a smoker's cough
- Being overweight
- Nerve damage
- Regular heavy lifting

It is not caused by stress from exertion or due to a problem with the bladder, and it is different from terminal dribble, which occurs at the end of passing urine.

How can I deal with it?

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

Technique

- Pass urine in the usual way 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 figure 1).
- Still applying pressure, bring your fingers forward towards the base of your penis, under the scrotum (see the direction arrow on figure 1).
- This pushes the urine forward into the 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 carried out discreetly, with a hand inside a trouser pocket. It only takes a few seconds and will avoid the problem of stained trousers.

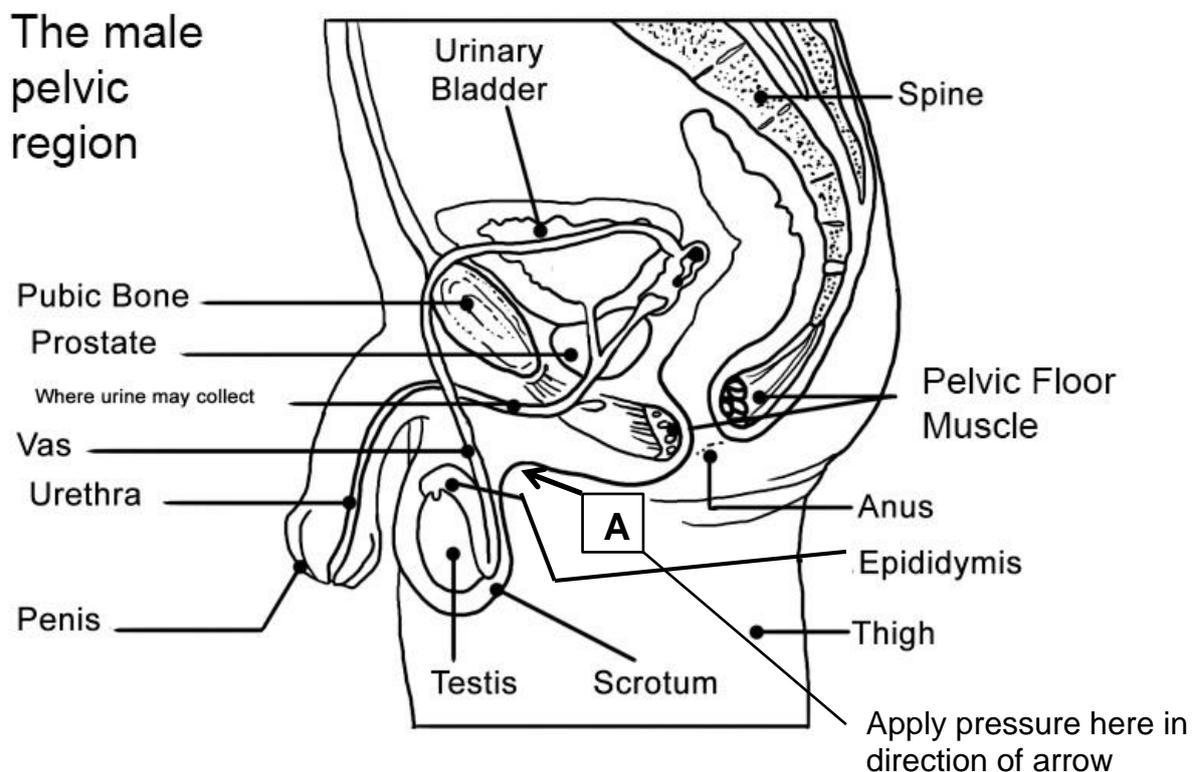


Figure 1 shows where to apply pressure

Contact information for urology clinical nurse specialists

If you have any questions, you would like more information, or if there is anything you do not understand about this leaflet, please contact:

Urology clinical nurse specialists on 01384 456111 ext. 2873 or

mobile 07787 512834 (8am to 4pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/urology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔