

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.

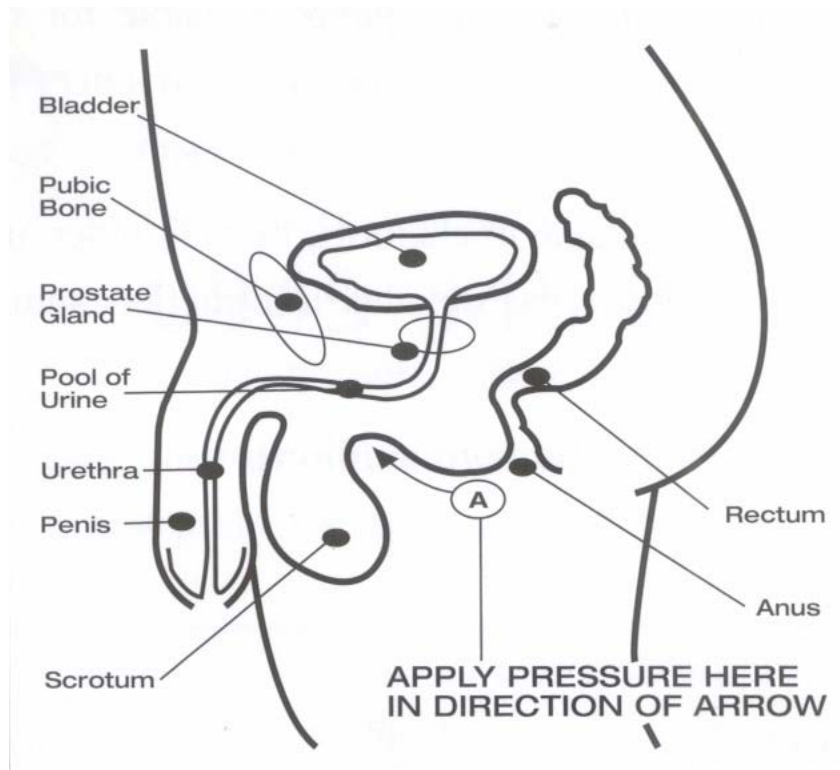
PMD is due to a weakness of the muscles of the pelvic floor which surround the urethra. The pelvic floor muscles can be weakened by:

- 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.

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ੰਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीਫ਼ोन ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاء ا اتصل بمنسق المعلومات للمريض
0800 0730510 على التلفون **Information Co-ordinator**

صیہ ضرورت اس ایف ایٹ کو اپنی زبان (اورد) میں حاصل کرنے کے لئے برہم پرائی ٹیلیفون نمبر **0800 0730510** پر ویٹھٹ انٹرنیشن کو-اورڈینٹر (مریٹوں کے لئے معلومات کی فراہمی کے سلسلے میں اس کے ساتھ رابطہ تم کریں۔

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