

Post – Micturition Dribble or After Dribble

Males may experience After-Dribble. This means the loss of a few drops of urine after the main stream has finished, even after shaking the penis. This usually occurs at the most inconvenient moment, as the penis is being replaced in to the underwear. It may result in both the underwear and trousers getting wet and stained.

This DOES NOT mean that you are incontinent. In many ways this dribble is normal, reflecting pooling of urine in the water-pipe and as this pooled urine increases in volume with age it merely becomes more noticeable.

The following may assist you in stopping this from happening;

- After passing urine, wait for a few seconds to allow the bladder to empty.
- Then place the fingertips of the left hand three finger-breadths behind the scrotum (testicle sack) and apply gentle pressure.
- Keeping the pressure on the midline, gently but firmly draw the fingers forwards towards the base of the penis under the scrotum.
- Shake or squeeze the penis in the usual way.

Repeat the technique twice more before replacing your underclothes and leaving the toilet. This should only take a few seconds to do and hopefully relieve you of a potentially embarrassing problem