

AFTER-DRIBBLE IN MEN

Post-micturition incontinence, otherwise known as 'after-dribble', is a common problem and can affect men of any age.

What is after-dribble?

After-dribble refers to the loss of a small amount of urine after you have finished passing urine. It happens after leaving the toilet or getting up from the toilet if you sit to pass urine. While it is a common problem it can be annoying and embarrassing.

After dribble is believed to occur for a number of reasons such as weak pelvic floor muscles or external urethral sphincter. As a result, the muscles surrounding the urethra don't contract properly.

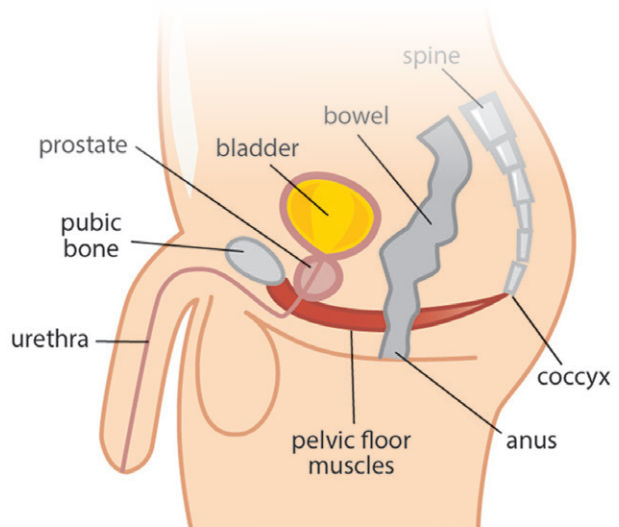
This can lead to the urethra not being completely emptied. Urine is left behind and leaks out with movement.

What can I do?

There are a few different things you can try to minimise after-dribble.

Urethral milking/massage:

- Sit down on the toilet to empty your bladder.
- After finishing passing urine, place your fingertips (three fingers wide) behind your scrotum and apply gentle pressure upwards and forwards to encourage the flow of any remaining urine along the urethra.



© Continence Foundation of Australia

- Shake or squeeze your penis in the usual way.
- Repeat this movement twice to make sure the urethra is completely empty.

Pelvic floor contraction:

- Try a strong pelvic floor muscle contraction, or squeeze, immediately after passing urine.
- Train your pelvic floor muscles so you can do a strong pelvic floor contraction.



When to get professional help

If you experience after-dribble alongside any of the following symptoms it is important that you seek professional help:

- difficulty initiating the flow of urine
- having to strain to empty your bladder
- a slow urine stream when emptying your bladder
- having to frequently empty your bladder
- feeling the need to urgently empty your bladder
- burning, discomfort or pain when emptying your bladder
- blood-stained urine
- having to get up several times overnight to empty your bladder
- having to change your lifestyle because of problems with your bladder or bowel.

More information and advice

- Talk to your doctor, pelvic floor physiotherapist or nurse continence specialist.
- Call the free **National Continence Helpline** on **1800 33 00 66** to speak with a nurse continence specialist. They can also give you details of a local continence service.
- **Continence Foundation of Australia**
The Australian peak body for continence awareness, education, and advocacy.

continence.org.au
info@continence.org.au
 03 8692 8400

Related resources

- Healthy Bladder and Bowel Habits.
- Healthy Diet and Bowels.
- Pelvic floor muscle exercises for men.
- Men and strong pelvic floor muscles.
- Continence products.
- Good bladder habits for everyone.
- Overactive bladder and urgency.
- The prostate and bladder problems.
- Prostate and Continence.

Note: The information in this fact sheet is a general introduction only and isn't a substitute for professional assessment and care. If you're concerned about any part of your health or lifestyle, talk to your doctor.

© Continence Foundation of Australia 2021.

Acknowledgement

We acknowledge the following in developing this factsheet:

