

After dribble 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 of urine after passing the main stream of urine, when the bladder appears to be empty.

PMD usually occurs as the penis is being retracted, as your garments are being rearranged or walking away from the toilet resulting in wet and stained 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 known as the bulbar urethra [see diagram]

### What can I do about it?

You can massage or push the last few drops of urine out of the urethra with your fingers before your final shake.

This technique is known as Bulbar Urethral Massage

### Bulbar Urethral Massage

1. After passing urine wait a few seconds
  2. Place your fingertips of your left hand, three fingers breadth, behind your scrotum and apply gentle pressure [see diagram below]
  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
- Quickly squeezing your pelvic floor muscles can also help

