

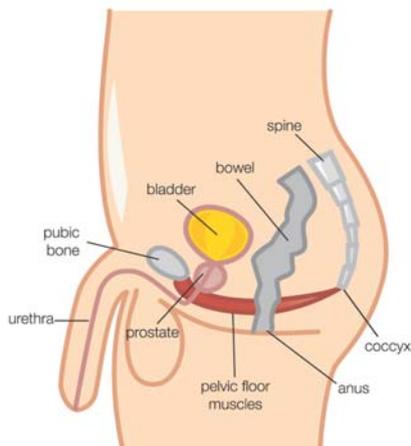
# After-dribble – a common problem for men

This fact sheet has been developed to assist men who experience post-micturition dribble, commonly known as 'after-dribble'.

After-dribble is a common problem and can affect men at any age. This fact sheet provides you with general information about managing the condition and where to seek further information and advice.

## What is after-dribble?

After-dribble refers to the loss of a small amount of urine after emptying the bladder. It can be annoying and embarrassing and occurs when the urethra (the tube which carries urine from the bladder to the penis) is not completely emptied. This occurs when the muscles surrounding the urethra do not contract properly, which in turn prevents the bladder from fully emptying.



## What you can do

There are a number of different things you can try to minimise after-dribble:

- Sit down on the toilet to empty your bladder.
- Make sure that you pull your pants and the elastic of your briefs down properly, so that both the penis and scrotum are fully exposed when you empty your bladder. The elastic from your briefs will apply some pressure behind the scrotum and help to straighten the urethra so that it is completely emptied.
- Place your fingertips (three fingers wide) behind your scrotum and apply gentle pressure when emptying your bladder. Apply this pressure upwards and forwards to encourage the flow of urine along and down the urethra, then shake or squeeze the penis in the usual way. Repeat this movement twice to make sure the urethra is completely empty.

## Where to seek 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.

## For more information ...

Visit your GP or specialist.

Phone a Continence Nurse Advisor on the National Continence Helpline 1800 33 00 66. Information about bowel and bladder function, products and local continence clinics, plus a range of leaflets on many continence-related topics. This free service is managed on behalf of the Australian Government by the Continence Foundation of Australia.

## Continence Foundation Australia website

[www.continence.org.au](http://www.continence.org.au)

**Continence Aids Assistance Scheme** information on the Australian Government website [www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)

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The Continence Foundation is the Australian peak body for awareness, education and advocacy for those with incontinence and their carers

Note: The information in this fact sheet is built upon general health guidelines for incontinence as it relates to another health condition. It cannot possibly apply equally to everyone. If you are concerned about any aspect of your health or lifestyle, speak to your doctor sooner rather than later.

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