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.

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

Continence Aids Assistance Scheme information on the Australian Government website 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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