

Additional Information

A post micturition dribble could be associated with other urinary problems, for example delay or difficulty in emptying the bladder, frequency or urgency. Please consult your nurse or doctor if the exercises 1 and 2 do not improve your symptoms.

Further useful information can be accessed on the NHS website: www.nhs.uk

Patient Experience Team contact details:

Phone: 0115 993 4542

Email: complaints@nottshc.nhs.uk

Write to: Patient Experience Team, Moorgreen House, Highbury Hospital, Highbury Vale, Bulwell, Nottingham NG6 9DR

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

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یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

Specialist Continence Services/Community Nurse contact details:

www.nottinghamshirehealthcare.nhs.uk



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Patient Information Leaflet Number 3

Post Micturition Dribble and Pelvic Floor Exercises for Men

Post micturition dribble means the loss of a few drops of urine after you think your bladder is empty.

Pelvic floor exercises, when done correctly, can build up and strengthen the muscles that help you hold in urine.

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Diagram to show the male pelvic floor

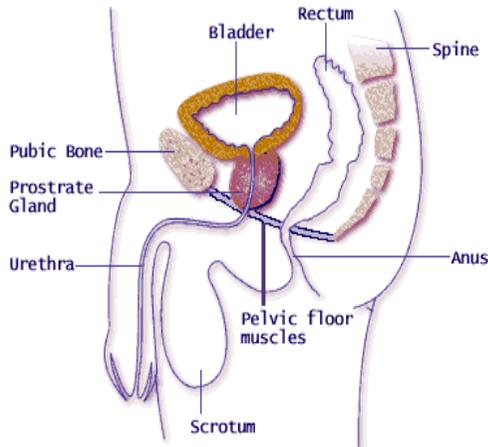
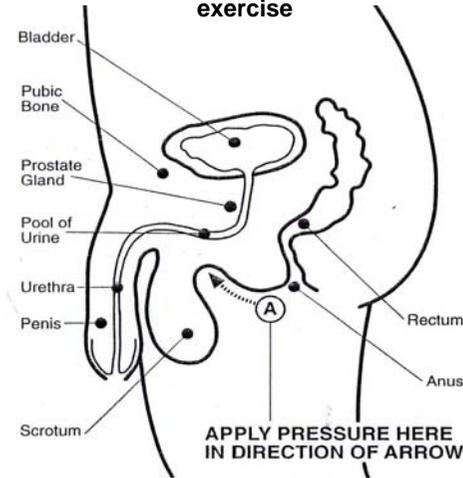


Diagram to show post micturition dribble exercise



1. Pelvic floor exercises

The pelvic floor consists of layers of muscles and ligaments that stretch like a hammock, from the pubic bone at the front to the tip of the back bone, that help to support your bladder & bowel.

Pelvic floor exercises can be done in different positions:

- **In a standing position**

Stand with your feet apart and tighten your pelvic floor muscles as if you were trying to avoid breaking wind. If you look in a mirror you should see the base of your penis move nearer to your abdomen and your testicles rise. Hold the contraction as strongly as you can without holding your breath or tensing your buttocks:

- perform three maximal contractions, (as strong as possible), in the morning, holding for up to 10 seconds.
- perform three maximal contractions in the evening, holding for up to 10 seconds.

- **In a sitting position**

Sit on a chair with your knees apart and tighten your pelvic floor muscles as if you were trying to avoid breaking wind. Hold the contraction as strongly as you can without holding your breath or tensing your buttocks:

- perform three maximal contractions (as strong as possible) in the morning, holding for up to 10 seconds.
- perform three maximal contractions in the evening, holding for up to 10 seconds.

- **In a lying position**

Lie on your back with your knees bent and your legs apart. Tighten your pelvic floor muscles as if you were trying to avoid breaking wind and hold the contractions as strongly as you can without holding your breath or tensing your buttocks:

- perform three maximal contractions in the morning, holding for up to 10 seconds.
- perform three maximal contractions in the evening, holding for up to 10 seconds.

- **While walking**

Tighten your pelvic floor muscles as you walk.

- **After urinating**

After you have emptied your bladder, tighten your pelvic floor muscles up strongly to avoid an after dribble.

2. Post micturition dribble

Post micturition dribble is the term used for the symptom when men experience an involuntary loss of urine immediately after they finish passing urine, usually after leaving the toilet. Some men find that, despite waiting and shaking, it remains a problem.

What is happening is that the urethra, (the tube leading from the bladder to the tip of the penis), is not being emptied completely by the muscle surrounding it.

This happens because the urethra is 'S' shaped and a small amount of urine becomes trapped in the bend. A simple exercise to help reduce this problem is:

Post micturition dribble exercise

- After passing urine, wait for a few seconds to allow the bladder to empty.
- Place your fingers behind the scrotum and apply gentle pressure to straighten out the urethra. (see **A** on diagram on the opposite page)
- Continue this whilst gently lifting and stroking to encourage the trapped urine to follow out.
- Before leaving the toilet, repeat the technique twice to ensure that the urethra is completely empty.

This technique can be used at home. When in public toilets it can be done discreetly, with a hand inside a trouser pocket. It only takes a few seconds and will avoid the problem of stained trousers. Pelvic floor exercises for men can also improve this problem as it improves the tone of your muscles.