

After-dribble – A common problem for men

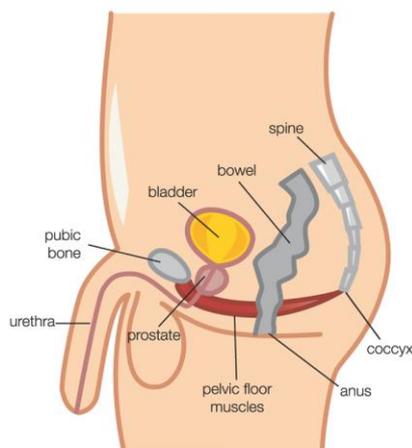


This fact sheet has been developed to assist men who experience post-micturition dribble, commonly known as 'after-dribble'.

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 can you 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: how often they go to the toilet;

- 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 a doctor or phone the National Continence Helpline on 1800 33 00 66 for details of a local continence service.
- Phone the National Continence Helpline (1800 33 00 66) and speak with a continence nurse advisor. This free service is managed by the Continenence Foundation of Australia on behalf of the Australian Government.
- Go to the Continenence Foundation of Australia website: continence.org.au
- Go to the Australian Government website for Continence Aids Payment Scheme information: bladderbowel.gov.au

Continenence Foundation of Australia

National Office

Level 1, 30–32 Sydney Road, Brunswick VIC 3056

Tel: 03 9347 2522 Fax: 03 9380 1233

Email: info@continence.org.au

Website: continence.org.au

facebook.com/AusContinence

twitter.com/AusContinence

youtube.com/user/ContinenenceFoundation

The Continenence 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 based on general health guidelines for incontinence. If you are concerned about any aspect of your health or lifestyle, speak to your doctor.

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