

## **INFORMATION FOR MALE PATIENTS WITH AFTER-DRIBBLE**

Males may experience after-dribble. This means the loss of a few drops of urine after the main stream has finished, even after shaking the penis. The medical term for this condition is known as post micturition dribbling

This usually occurs at the most inconvenient moment as the penis is being replaced into the underwear. It may result in both the underwear and trousers getting wet and stained.

The following may assist you in stopping this from happening.

- After passing urine, wait for a few seconds to allow the bladder to empty
- Then place the fingertips of the left hand three finger-breadths behind the scrotum (testicle sack) and apply gentle pressure
- Keeping the pressure on the midline, gently but firmly draw the fingers forwards towards the base of the penis under the scrotum
- Shake or squeeze the penis in the usual way
- Repeat the technique twice more before replacing your underclothes and leaving the toilet

This technique may be practised at home. It may also be done discreetly in public lavatories using your hand inside the trouser pocket. This should only take a few seconds to do and hopefully relieve you of a potentially embarrassing problem.

**If you would like a large print or audio version of this information, please ask a member of staff.**