

Information

The aim of good bladder management is to:

- Empty the bladder regularly
- Prevent overstretching of bladder muscles
- Keep urine sterile
- Prevent infections
- Maintain continence

What is Post-Void Dribble

In some men, incontinence can be as simple as a “bit of a dribble” after finishing going to the toilet. This is when a small amount of urine is passed within minutes after voiding is completed. Even though only a small amount of urine is passed, the clothes may still become wet and require changing.

Most often this “dribble” is caused by a pooling of a small amount of urine in the bulbar urethra and it is simply removed. The muscles around the urethra are not contracting properly and so emptying is not completed.

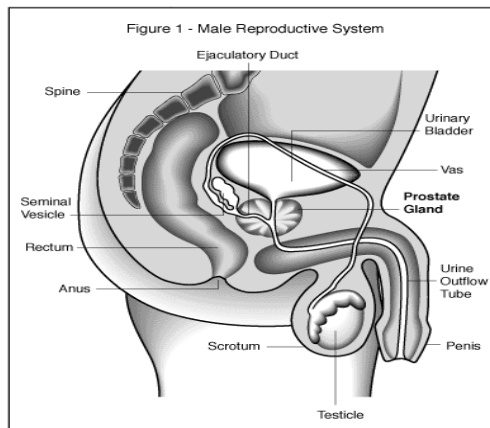


Figure 1 Male Anatomy

Post Void Dribble
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Procedure:

- Use a firm upward and forward, rolling pressure with the fingers of fist behind the scrotum, milking the trapped urine out.
- OR, open trouser fly and pull the elastic of the brief down and under the penis and scrotum so the elastic puts pressure on the urethra to empty
- Wash hands thoroughly

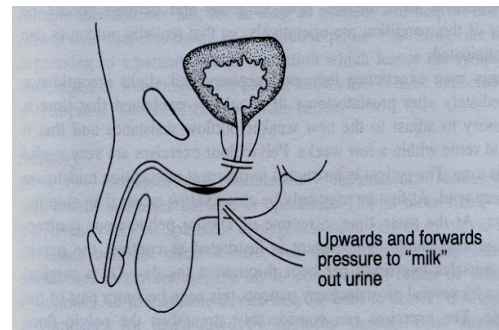


Figure 2 “Milking” trapped urine

Helpful hints

- Maintain good hygiene
- Drink at least 2 litres of fluid per day
- Maintain a high fibre diet
- Research shows that cranberry juice may help prevent infection
- Cut down on intake of caffeine, such as tea, coffee, alcohol as these are diuretics and irritants to the bladder

You should contact your doctor if you:-

- Have low urine output
- Slow stream once urination has started
- Urine becomes offensive or cloudy
- Difficulty in passing urine
- Urgency to pass urine
- Have to the toilet several times through the night
- Life-style changes because of fear of urine leakage (such as walking, gardening)
- Burning or discomfort when passing urine
- Pass bright red blood
- Have fever, shivers, shakes

National Continence Helpline

Freecall 1800 33 00 66

Continence Foundation of Australia

Ph: 1800 33 00 66

Patient Information Leaflet

**POST-VOID
DRIBBLING
(Male)**



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