



Prevention of Post-Void Dribble for Men

Post-void dribble is the involuntary loss of urine after voiding. This usually occurs a few minutes after leaving the bathroom. In most cases, urine pools in the middle segment of the urethra, known as the bulbar urethra. This may occur because the urethra has lost muscle strength supporting it. Manual techniques can assist in emptying the urethra and prevent post-void dribble.

Technique

- After urinating, perform several quick pelvic floor contractions.
- Next, use the pads of your fingers to exert a firm pressure behind the scrotum.
- Now move your fingers forward in a stroking motion to empty the urine from the urethra.
- If post-void dribble persists, perform the techniques above after sitting to urinate.

