

Post Micturition Dribble **Continence Series Information leaflet 5**

What is Post Micturition Dribble (PMD)?

PMD or after dribble, means the loss of a few drops of urine after the main stream when the bladder appears to be empty. It may occur in women but it is more common in men.

PMD is likely to occur when the penis is being replaced and clothes rearranged after a visit to the toilet. Trousers can end up getting wet. In some cases, men find that even after waiting and gently shaking, the problem remains.

PMD is often due to a weakness of the muscles of the pelvic floor. The pelvic floor muscles can be weakened by:

- Operations for enlarged prostate.
- Continual straining to empty your bowels, for example, when constipated.
- Constant cough, for example, coughing due to smoking.
- Being overweight.
- Neurological damage.
- Persistent heavy lifting.

Symptoms of PMD

Most men with PMD can urinate normally. Yet, despite shaking the penis to evacuate residual urine, leakage of urine retained in the bulbar urethra may occur for several minutes.

Patient Information

Continence Service 0208 539 5522 Extension 5509

Whipps Cross Road, Leytonstone, London, E11 1NR www.whippsx.nhs.uk

The urethra is the tube that carries urine from the bladder through the penis to the outside of the body; the widest area of the urethra is referred to as a bulbar urethra.

Other signs of urinary dysfunction are not normally present, although some men have symptoms such as urgency, frequency, hesitancy and straining. For older men, they may develop PMD following a prostatectomy and may have associated urinary symptoms.

Treatments for PMD

- Bulbar urethra massage – also known as bulbar urethral elevation or urethral milking. The man will place his fingers behind his scrotum after urinating and gently massage his bulbar urethra in a forwards and upwards direction. This releases the urine that is retained in the bulbar urethra.
- Pelvic floor muscle exercises - These exercises strengthen the overall pelvic muscle structure.

What are pelvic floor exercises?

These are exercises to strengthen the pelvic floor muscles. If you have symptoms of stress incontinence, it is important you exercise your pelvic floor muscles regularly. This will help to reduce your symptoms.

The basic pelvic floor muscle contraction

- Close and “pull up” the front and back passages at the same time, as if trying to prevent your self breaking wind and stopping the flow of urine.
- Avoid holding your breath, tightening your buttocks and squeezing your thighs together at the same time.
- No one will be able to see you doing your pelvic floor muscle exercises.

The pelvic floor muscle exercise programme

- Aim to do five sets of pelvic floor muscle exercises a day. Do them while watching the news, sitting on the bus, waiting in the queue at the supermarket, boiling the kettle etc.
- Each set should consist of slow contractions (for endurance) and fast contractions (for power).

Slow contractions:

- Aim to hold your pelvic floor tightly for a maximum of five seconds.
- Rest for the same number of seconds.
- Repeat the contraction holding for the same length of time, up to five to ten times.
- Rest for 30 seconds.

Fast contractions:

- Squeeze your pelvic floor tightly, and let go immediately.
 - Aim for five fast contractions, making sure you let go completely after each one.
-
- As you get stronger increase the length of time you hold the slow contractions for, and increase the number of repetitions you do.
 - Remember to hold your pelvic floor tightly with every cough, laugh or sneeze to prevent leakage.

Where can I get more information?

Whipps Cross Continence Service	0208 539 5522	Extension 5509
Waltham Forest Continence Service	0208 430 8258	
Redbridge Continence Service	0208 822 3871	
Newham Continence Service	0208 475 2011	
West Essex Continence Service	01279 698901	
Bladder and Bowel Foundation	01536 533255	
	www.bladderandbowelfoundation.org	

