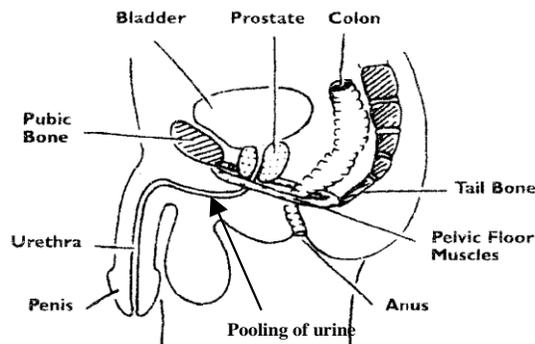


Post-micturition dribble (PMD) is the name given to the problem when urine leaks immediately after you have finished passing urine, or just after leaving the toilet. You may find that even after waiting and gently shaking, you still get some leakage.



The urethra (the tube leading from the bladder to the tip of the penis) is not being emptied completely by the muscle surrounding it, causing urine to pool in the urethra

There are two proven ways of dealing with this problem:

1. Regular pelvic floor muscle exercises can, if done correctly, help you to improve your bladder and bowel control and resolve or improve leakage. Squeezing up around your back passage once or twice when you have finished passing urine can help to clear any pooled urine out of the urethra (the bladder tube).
2. In addition, you can use your fingers to push the last few drops of urine from the urethra before the final shake:
 - After passing urine, wait for a few seconds to allow the bladder to empty
 - Place 2 or 3 fingertips of your left hand behind the scrotum and apply gentle pressure **upwards**
 - Keeping the pressure, draw the fingers **forwards** towards the base of the penis under the scrotum

- This pushes the urine forward so that the urethra can be emptied by shaking or by squeezing up around your back passage
- Before leaving the toilet, repeat the technique twice to ensure that the urethra is completely empty

This technique can be practiced at home. It only takes a few seconds and may avoid the problem of wet underwear or trousers.

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Mae'r ddogfen hon ar gael yn Gymraeg**