

## How to Prevent Postvoid Dribble

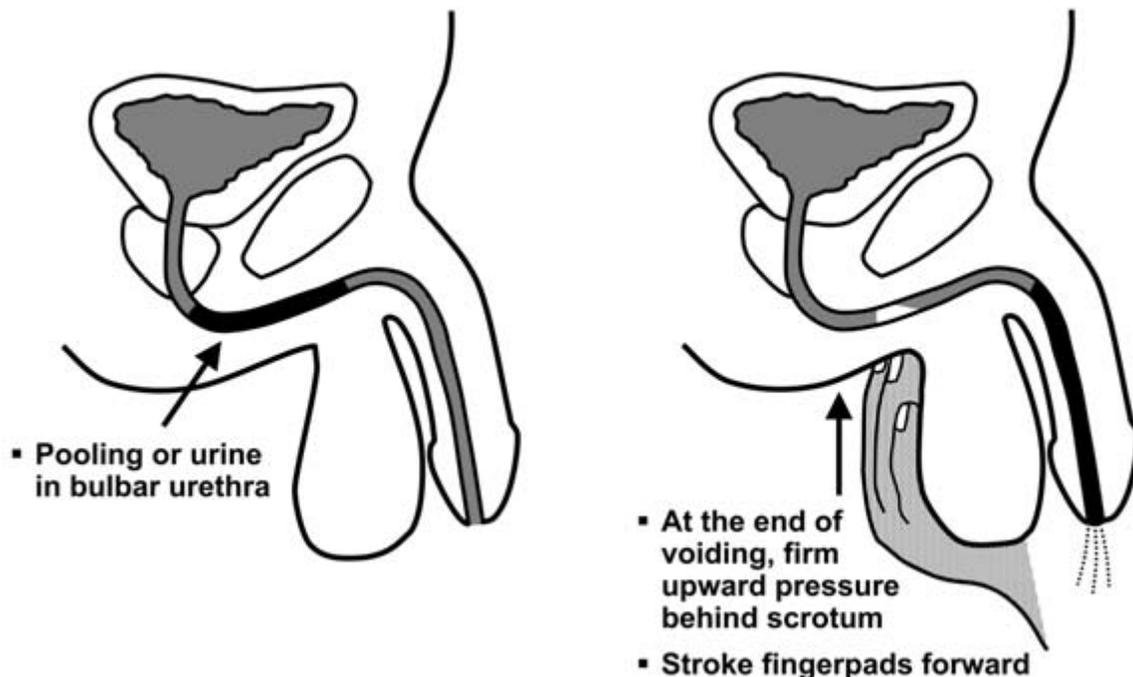
### Why Do I Leak Urine After Voiding?

Leaking urine only after voiding is called “postvoid dribble.” This happens mostly in men. It usually happens after urinating when the man is putting his penis back in his underwear or walking away from the toilet. He may not be aware that the urine is leaking. Postvoid dribble is caused when urine pools or collects in the middle part of the urethra (the channel that connects the bladder to the outside). This area of your urethra is wider and is called the “bulbar urethra” (see first picture below). It is a muscle that contracts, causing urine to be pushed back into the bladder. If urine stays in the bulbar urethra, it may be because the urethra has lost muscle tissue that supports this part of the urethra. Muscle loss can be due to aging or prostate surgery.

### How Do I Avoid This Leaking?

You can massage the area containing the bulbar urethra to help the urine empty out of it.

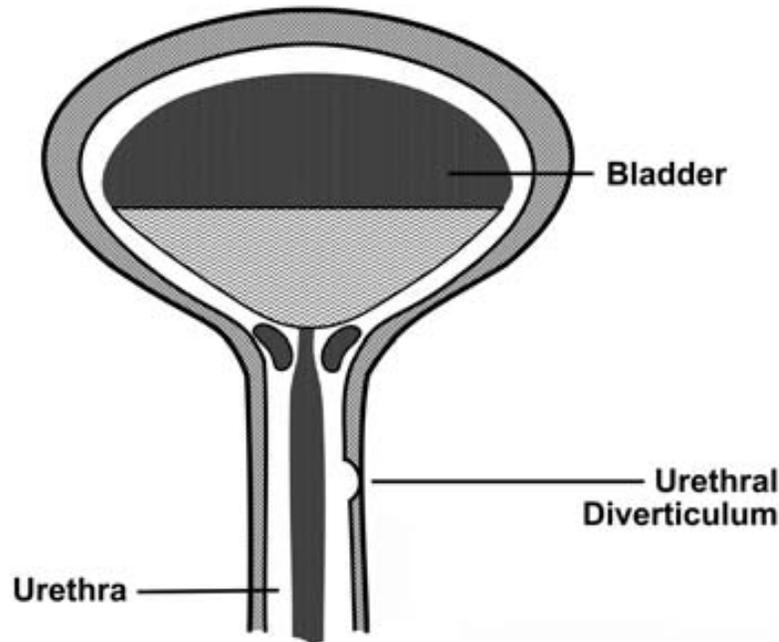
- When you finish voiding, use the pads of your finger to exert a firm, upward pressure behind your scrotum (see second picture below).
- Next, move your fingers forward in a stroking motion. This will “milk out” the trapped urine and force it to the end of the urethra, where it can be removed by shaking or squeezing your penis.
- Quickly squeezing the pelvic floor muscles can also force the urine out.



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### Can a Woman Have Postvoid Dribble?

Women can have postvoid dribble too. Some of their urine can go into the vagina (called vaginal voiding) or be trapped in a bulge of the urethra (called a “diverticulum”). A diverticulum can be large enough to cause a “lump” you can feel in the vagina (the urethra runs along the front wall of the vagina). If you feel such a lump, you need to consult a urologist or urogynecologist.



### How Does a Woman Avoid Dribbling?

To prevent postvoid dribbling caused by vaginal voiding, press up on the outside of the vagina and bear down after you think you are finished.