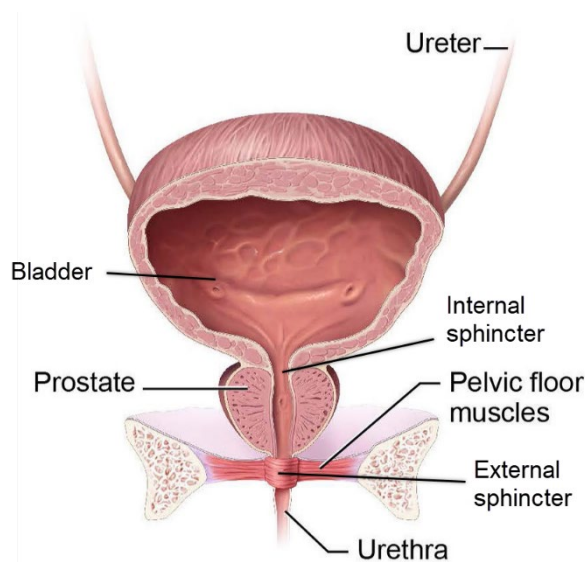


Post-Void Dribble

What is post-void dribble?

In men or people with prostates, there are 2 muscles (called **sphincter muscles**) that keep urine (pee) from leaking out from the bladder. There is an **external sphincter** at the tip of the prostate and an **internal sphincter** between your prostate and bladder that work together. When your bladder fills up, both sphincter muscles squeeze to keep the urine in the bladder. When you urinate (also called **voiding**), both sphincter muscles relax, your bladder empties, and then the sphincter muscles close again.



Post-void dribble is something that can happen when the external sphincter closes before all the urine is out of the prostate, causing a little urine to get trapped in the prostate. Shortly after you finish peeing, that muscle relaxes, and then the trapped urine leaks (dribbles) out. Post-void dribble is just urine that's trapped in the prostate that dribbles out later.

Post-void dribble is common in men, people with prostates, and people who have very strong pelvic floor muscles (so they have a hard time relaxing their external sphincter).

What are the treatments for post-void dribble?

There are 2 treatments you can try to reduce or prevent post-void dribble:

- Specific Kegel exercises will work on relaxing your pelvic floor. To complete these exercises, tighten the muscle of your rectum (the muscle in your butt that holds poop before it leaves your body). Hold for a count of 5. Then relax the muscle for a count of 10. Repeat this 15 times in the morning and 15 times at night. This exercise can make a big difference in helping you control your pelvic floor and relax your sphincter muscle, so urine doesn't get trapped in your prostate.
- You can use a technique to milk (remove) any trapped urine out of your prostate. After you finish peeing, hold your hand flat and put your hand between your legs, with your palm facing up and your fingers toward your anus. Milk this area by using your fingers to gently push up on the skin between your anus and scrotum (the sack of skin that holds your testicles), and then move your fingers toward the base of the scrotum. Then, shake out your penis to drain all the urine out.

What else should I know about post-void dribble?

- Most people have a small amount of dribbling after they urinate. If you notice a dime-size urine stain in your underwear after peeing, that's perfectly normal. Some people have a lot more urine dribble after voiding (enough that it can soak through their pants). These people may benefit most from the post-void dribble treatments described above.
- After 3-4 months of consistently completing the exercises, you should be able to manage your post-void dribbling so it's no longer a big issue. If you've tried the exercises for 3-4 months and you are still having symptoms, please contact the Urology department at (734) 936-7030 to schedule an appointment. You will meet with an advanced practice provider (APP) who's a member of our Urology care team so we can talk with you more about your symptoms.
- Post-void dribble can be annoying, but it is not dangerous. It is not a sign of anything worse going on in the bladder and or a sign of any problems

with your nervous system. If you notice blood in your urine, or if you are passing hard, stone-like material in your post-void dribble, please call (734) 936-7030 to make an appointment for testing.

Watch a short video to learn more about post-void dribble by visiting bit.ly/MM-PostVoidDribble or scanning the QR code.



Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

Author: John Stoffel, MD

Reviewer: James Dupree, MD

Edited by: Brittany Batell, MPH MSW CHES®

Image: "[Urinary System](#)" by [NIH Medical Arts](#) (via Flickr) is licensed under a [CC BY-NC 2.0](#) license.

Patient Education by [U-M Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last revised 11/2024