

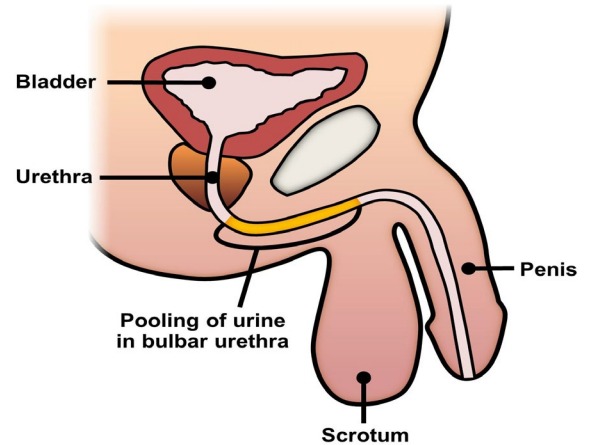
HOW TO PREVENT POST-VOID DRIBBLE

Why Do I Leak Urine After Urinating?

Post-void dribble is the leaking of a small amount of urine shortly after you've finished urinating. This is most common in men and usually happens just as you're pulling up your underwear or walking away from the toilet.

What Causes It?

This happens when urine remains in the **bulbar urethra**—a slightly wider section of the urethra located just behind the scrotum. Normally, muscles help push this urine back into the bladder or out of the body. But with aging or after prostate surgery, these muscles can weaken, allowing urine to pool and leak out after you think you're done.



How to Avoid Post-Void Dribble

You can use a simple technique to help clear any remaining urine from the urethra:

1. Milking the Urethra

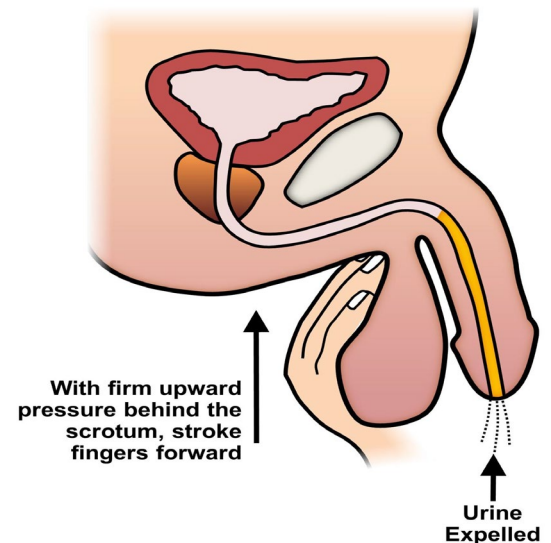
- After urinating, place your fingers **just behind your scrotum** (in the area called the perineum).
- Press **firmly upward** with the pads of your fingers.
- Then **stroke forward** toward the base of the penis. This helps push the trapped urine down the urethra so it can be expelled.

2. Shake or Squeeze

- After the milking motion, **shake or gently squeeze** the penis to remove the last few drops.

3. Pelvic Floor Muscle Contraction ("The Squeeze Trick")

- Do a **quick squeeze** of your pelvic floor muscles (the ones you use to stop gas or urine flow). This can help expel any leftover urine.



Helpful Tip

Practicing **pelvic floor muscle exercises** regularly (Kegels) can strengthen the muscles around the urethra and help prevent post-void dribble over time.