

Male stress incontinence and post-micturition dribble



Urology

patient**information**

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Slovak

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Slovensky

Kurdish Sorani

كوردی سۆزانی
نهگهر تۆ یان كهسێك كه تۆ دهیناسی پێویستی بهیارمهتی ههیهتی یۆ نهوهی لهم بهلگهنامه به تێبگات یان بیهۆتێنتهوه، تکهیه بهیوهندیمان پێوه بکه لهسههر نهو ژمارهیهی سههرهوهدا یان بهو نیمهیه.

Arabic

عربي
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

أردو
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی
اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

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What is stress incontinence?

Stress incontinence is the most common type of urinary incontinence and is when urine leaks when you laugh, cough, jump or sneeze due to extra pressure that is put on the bladder. The pelvic floor muscles support the bladder, but these can become weakened and therefore struggle to support the extra pressure put on the bladder.

What is post-micturition dribble?

Post-micturition dribble or 'after dribble' is the leaking of urine after voiding. The urine that leaks after urination is located in the urethra, in the U-shaped junction between the penile urethra and bladder (the bulbar urethra – named after the adjacent bulbospongosus muscle).

Normally the bulbospongosus muscle, part of the pelvic floor muscles, contracts at the end of urination to expel the urine which has pooled in this part of the urethra. When this muscle has been weakened, it does not contract properly and the urine is expelled at a later point.

The muscles can be weakened by excess weight, operation for the removal of prostate, chronic cough and chronic constipation because of the associated straining.

Can these muscles be strengthened?

Doing pelvic floor exercises for five minutes, two or three times a day can cause a significant improvement in your incontinence.

Firstly, you must locate the muscles to target. One of the easiest ways to locate your muscles is to try and stop/slow down the flow of urine during urination. Do not tense your abdomen, buttocks or legs.

Some men find these muscles by imagining they are trying to stop the passage of gas. Squeezing these muscles gives a pulling sensation. Do not contract other muscles.

Once you have located the correct muscles:

- Contract these muscles for a slow count of five then release the muscles for a slow count of five
- Repeat this exercise ten times
- Aim to do three sets of ten each day
- Overtime, increase the number of seconds that you are contracting the muscles for

These exercises may feel awkward at first (it may help to do the exercises lying down) but practice and patience should lead to a strengthening of your pelvic floor and an improvement in your incontinence, noticeable in 6-8 weeks. Like all muscles, the strength will be increased the more that the exercise is repeated.

If possible, continue pelvic floor exercises as part of your everyday life, forever, to stop the problem from recurring.

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How to contact us

If you require any further information, please contact

The Continence Service

Telephone 01709 423240

Urology Department

Telephone 01709 424582

9.00am to 5.00pm

Urology Nurses

Telephone 01709 424583

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS Direct

Telephone 0845 4647

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

Patient Services

Telephone 01709 424461

A&E

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk

www.direct.gov.uk

www.therotherhamft.nhs.uk

www.mhm.tv

www.baus.org.uk

www.continence-foundation.org

www.bladderandbowelfoundation.org

www.rotherham.nhs.uk/Urology

We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

The Rotherham NHS Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

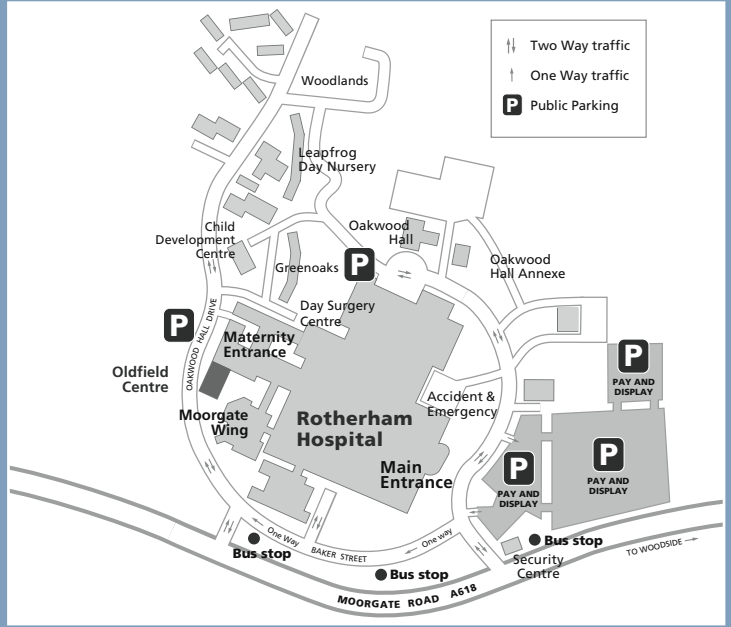
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Telephone 01709 424461

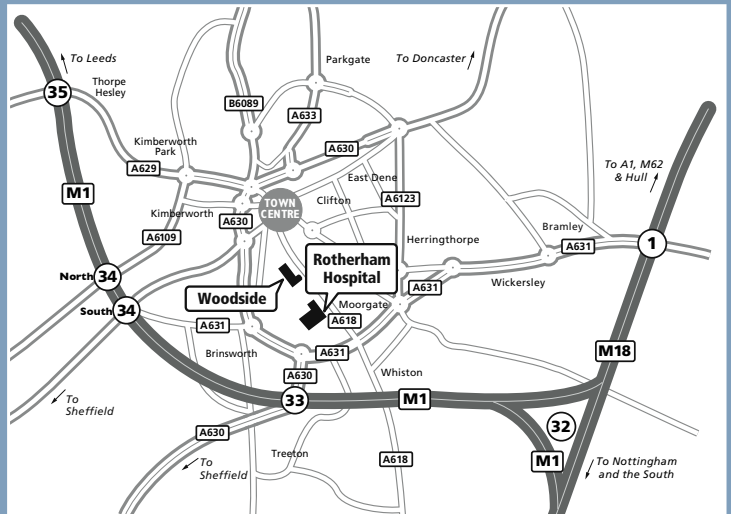
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How to find us

Hospital site plan



Rotherham main routes





LS 704 11/12 V1 WFO



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk

