

DRIBBLING AND LEAKAGE

Dribbling or leakage may occur before or after passing urine. The bladder may be irritable or spasmodic after urological surgery, which can cause you to lose a few drops of urine when there is the urge to urinate, especially when the bladder is full. Some procedures may also cause dribbling after urination, as the bladder may not empty normally due to swelling in the prostate or urethra. These symptoms should settle as the bladder recovers and the urinary tract heals. Certain prostate operations may also cause temporary muscle weakness, resulting in leakage especially with abdominal straining, lifting, sneezing and coughing. Recovery may take several weeks to months.

Procedure	Severity	Duration
Cystoscopy Urodynamic studies Botulinum toxin injection Prostate biopsy or seed insertion	None	None
Bladder biopsy or resection Laser or stone surgery Insertion of stent	Associated with urge	1-5 days
Prostate steam ablation (Rezum) Prostate resection (TURP) Prostate green light surgery	Light	1-6 weeks
Robotic prostate surgery	Light to heavy	3-6 months

Tips to manage leakage or dribbling:

- Use liners or pads to manage accidents, especially when going out
- Drink moderate amounts of fluid and visit the toilet regularly
- Avoid tea, coffee, alcohol and acidic or carbonated drinks
- Avoid acidic or spicy foods
- Keep the bowels regular and avoid constipation
- Sit on the toilet instead of standing to urinate
- Do pelvic floor exercises to improve control
- Ask Dr Ooi for medications (Oxybutynin/Solifenacin) for short-term relief
- See a pelvic floor physiotherapist if the problem persists

If you have a stent and suddenly experience constant leakage of urine, the stent may have dislodged with one end located outside the bladder. Contact the hospital immediately and ask to speak to the nurse manager or Dr Ooi.

If the symptoms are getting worse with increasing pain, burning, frequency or urgency, please see your GP or Dr Ooi to get a urine test to exclude infection.