[0024] The concentration of the polymer in the polymer solution may be, for example, 0.1% by mass or more, 0.5% by mass or more, or 1% by mass or more, and may be 25% by mass or less, 15% by mass or less, 10% by mass or less, 7% by mass or less, or 5% by mass or less. The concentration of the polymer in the polymer solution may be 0.1% by mass to 25% by mass, 0.1% by mass to 15% by mass, 0.1% by mass to 10% by mass, 0.5% by mass to 7% by mass, or 1% by mass to 5% by mass.

[0025] <Dispersion Step>

In the dispersion step, a poor solvent for the polymer is brought into contact with the polymer solution to precipitate the polymer dissolved in the polymer solution, thereby obtaining a polymer dispersion liquid in which the solid polymer is dispersed. The poor solvent is a solvent in which the solubility of the polymer in 100 g of the solvent at 25°C is less than 0.1 g. The poor solvent may be a water-soluble organic solvent.

[0026] Examples of a method of bringing a poor solvent for the polymer into contact with the polymer solution include a method of adding the poor solvent to the polymer solution and a method of adding the polymer solution to the poor solvent. In a case where a poor solvent is added to the polymer solution, the entire planned amount of the poor solvent to be used may be added to the polymer solution at once, or may be added to the polymer solution over time. Similarly, in a case where a polymer solution is added to a poor solvent, the entire polymer solution may be added to the poor solvent at once, or may be added to the poor solvent over time. The expression “added over time” denotes that a poor solvent (or a polymer solution) is continuously or intermittently