Drinking for a Healthy Bladder

Drinks that CAN irritate the bladder
- Caffeinated Tea & Coffee
- Green Tea
- Hot Chocolate
- Fizzy Drinks especially Cola
- Caffeinated Energy Drinks
- Fresh acidic drinks

Drinks that DON’T irritate the bladder
- Decaffeinated Tea & Coffee
- Water
- All types of Diluted Fruit Juices
- Non-acidic Fresh Drinks
- Herbal Tea
- Red Bush Tea

Don’t cut back on your drinks
Consume 1.5 - 2 litres (6 - 10 average mug sizes) a day

To contact Leicester continence clinic please call: 0116 258 4062 Developed as a service to patients in partnership with the Medical Continence Clinic, Leicester General Hospital. This factsheet was originally provided and distributed by the Bladder & Bowel Foundation Charity through until July 2016. Whilst every attempt to keep it current and accurate is being made any input will be welcomed by the Community.