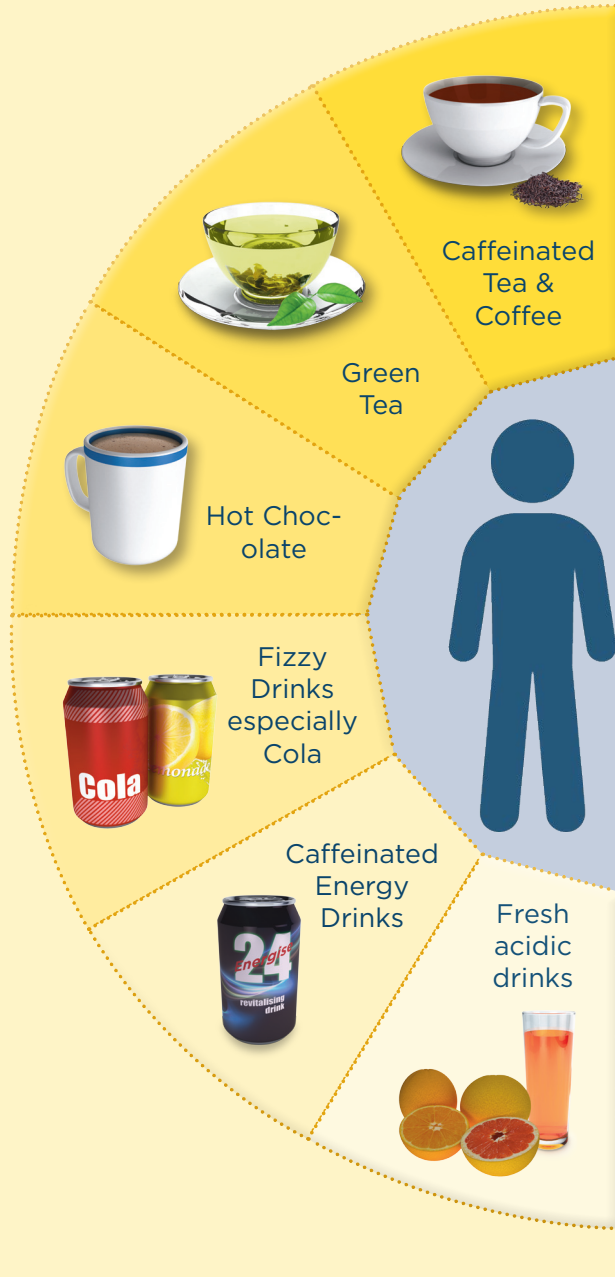
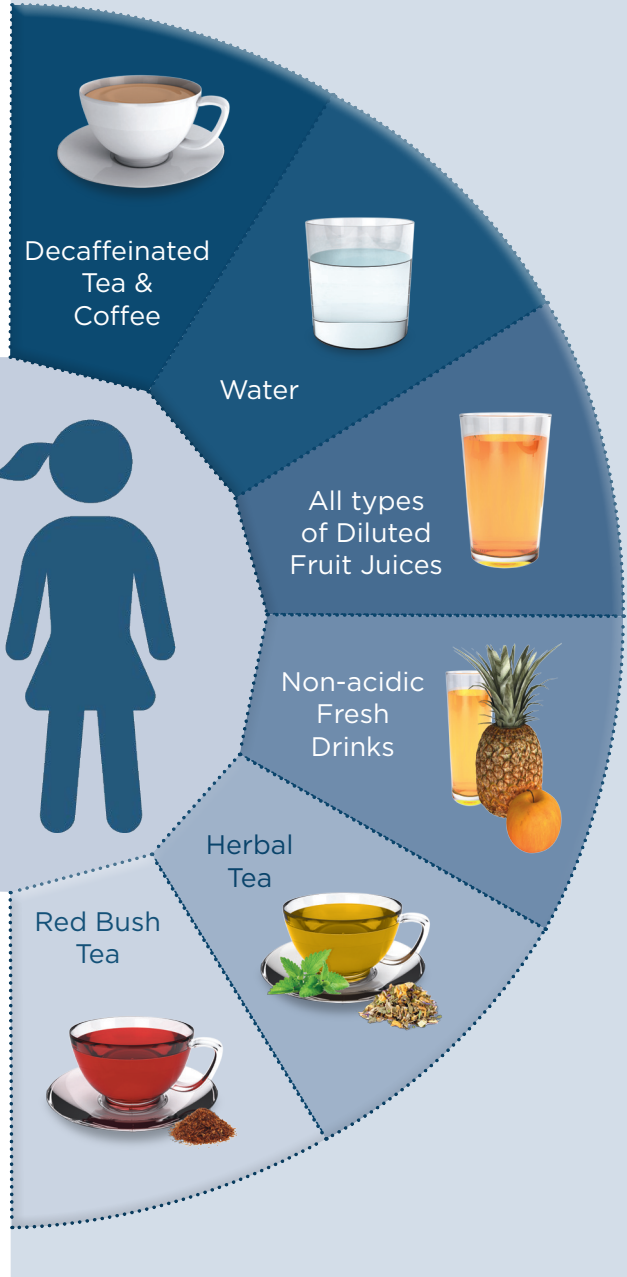


# DRINKING FOR A HEALTHY BLADDER

## Drinks that CAN irritate the bladder



## Drinks that DON'T irritate the bladder



### Don't cut back on your drinks

Consume 1.5 - 2 litres (6 - 10 average mug sizes) a day



When you're not drinking enough, the bladder gets used to holding smaller amounts of urine and can become oversensitive. From the list above you can see that certain drinks are more likely to irritate the bladder. These include drinks that contain caffeine and fizzy drinks – especially those labeled “Lite” or “Diet” which have artificial sweeteners, such as Aspartame or Saccharine. Alcoholic drinks, particularly spirits, can also irritate the bladder and for some, the acid in various fruit juices can make problems worse. It often feels like cutting down on fluid intake will help relieve symptoms of Overactive Bladder, but this is not the case. A reduced intake will make your urine more concentrated and is likely to make your symptoms worse.

For further information please log on to: [www.bladderandbowel.org](http://www.bladderandbowel.org)