



Drinking for a healthy bladder

Drinks that **CAN** irritate the bladder



Caffeinated
Tea &
Coffee



Green
Tea



Hot
Chocolate



Fizzy or
Carbonated
drinks



Caffeinated
Energy
drinks

Fresh
acidic
drinks



Drinks that **DON'T** irritate the bladder



Decaffeinated
Tea &
Coffee



Water



All
types of
Diluted Fruit
Juices (except
blackcurrant juice)



Non-acidic
Fresh Drinks

Herbal
Tea



Red Bush
Tea



Further help and information

If you wish to discuss your continence, please contact Rosemary MacRitchie, Clinical Nurse Specialist Tissue Viability/Continence Advisor, tel. 01851 763302 or email: rosemary.macritchie@nhs.scot
In the first instance please contact by email, if possible.