



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 the Tissue Viability Service by emailing:
wi.tvsn-continence@nhs.scot