



Irritant fluids include:

Caffeine; tea, coffee, chocolate drinks, coke and energy drinks

Artificial sweeteners, which are in low-calorie, diabetic, reduced or no added sugar squashes

Alcohol

Fizzy or sparkling drinks

Antioxidants (flush system) e.g. green tea

Herbal teas with fennel, nettle, dandelion and hibiscus

High vitamin C (grapefruit, orange, blackcurrant, and for some people, cranberry juice)

Some people find some of these drinks more of a problem than others and therefore choose not to drink them at all. Often reducing them makes a big difference and reduces bladder problems.

**If possible, please try to give up using artificial sweeteners in your hot drinks; it usually takes about a month for your palette/taste to adjust.**

Non-irritant fluids include:

Water

Milk

Ordinary squashes (avoiding lots of blackcurrant e.g. Ribena)

Some fruit juices and juice drinks (avoiding orange and tomato)

Some herbal teas e.g. chamomile, mint, and some fruit teas

Decaffeinated tea and coffee cause less irritation to bladders than caffeinated varieties

## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questi

