

## Food and drinks that can irritate the bladder



Tea



Hot chocolate



Green tea



Coffee



Blackcurrant juice



Citrus fruits



Tomatoes



Cola and fizzy drinks



Alcohol

## Drinks that don't irritate the bladder



Water



Milk



Decaffeinated coffee



Decaffeinated tea



Herbal tea



Milkshake



Diluted fruit juice (cranberry is recommended)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:  
The Continence Service, Brierley Hill Health and Social Care Centre, Venture Way, Brierley Hill, DY5 1RU  
01384 321517 (8.30am to 4.30pm, Monday to Friday)

Date reviewed: January 2020. Next review date: October 2022. Version: 3. DGH reference: DGH/PIL/01031.