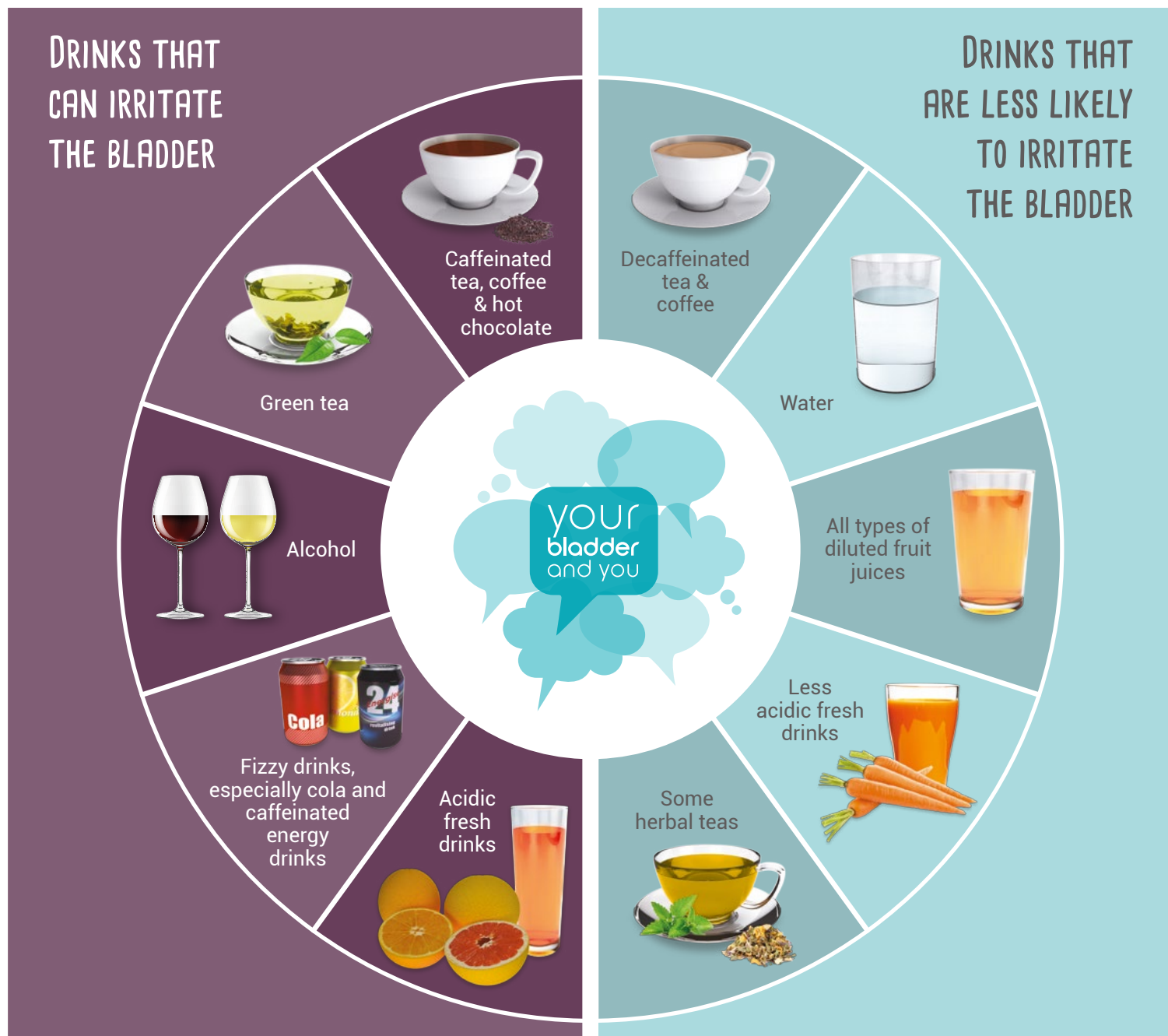


# DRINKING FOR A HEALTHY BLADDER

## when you have overactive bladder (OAB)

You should always follow advice from your healthcare professional about your OAB symptoms.



**Don't cut back on your fluid intake –**  
unless advised otherwise by your healthcare professional  
**Consume 1.5–2 litres (4–6 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. Artificial sweeteners (e.g. aspartame and saccharin) may irritate your bladder. They are often in drinks labelled 'diet'. Alcoholic drinks, particularly spirits, can also irritate the bladder and for some people, the acid in various fruit juices can make problems worse. Cutting down on fluids does not help relieve symptoms of overactive bladder. A reduced fluid intake makes your urine more concentrated, and is likely to make your symptoms worse.



Visit [bladderproblem.co.uk](https://bladderproblem.co.uk)  
for further support and information

