

Drinking for a healthy bladder



Drinks that CAN irritate the bladder¹

Drinks that DON'T irritate the bladder¹



Reducing your fluid intake by 25% may improve symptoms of OAB²



You should be drinking enough to avoid thirst, so don't cut back on your drinks too much.²

If you have any questions or concerns regarding overactive bladder (OAB), please speak to your healthcare professional.

1. NHS. 2019. Urinary Incontinence. Available at: <https://www.nhs.uk/conditions/urinary-incontinence/10-ways-to-stop-leaks/>. (Accessed: May 2021); 2. EAU Guidelines. Management of non-neurogenic female urinary tract symptoms (LUTS) 2021. Available at: <https://uroweb.org/wp-content/uploads/EAU-Guidelines-on-Non-Neurogenic-Female-LUTS-2021.pdf> (Accessed: May 2021).

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OAB.ie
TAKE A BREAK FROM OAB

