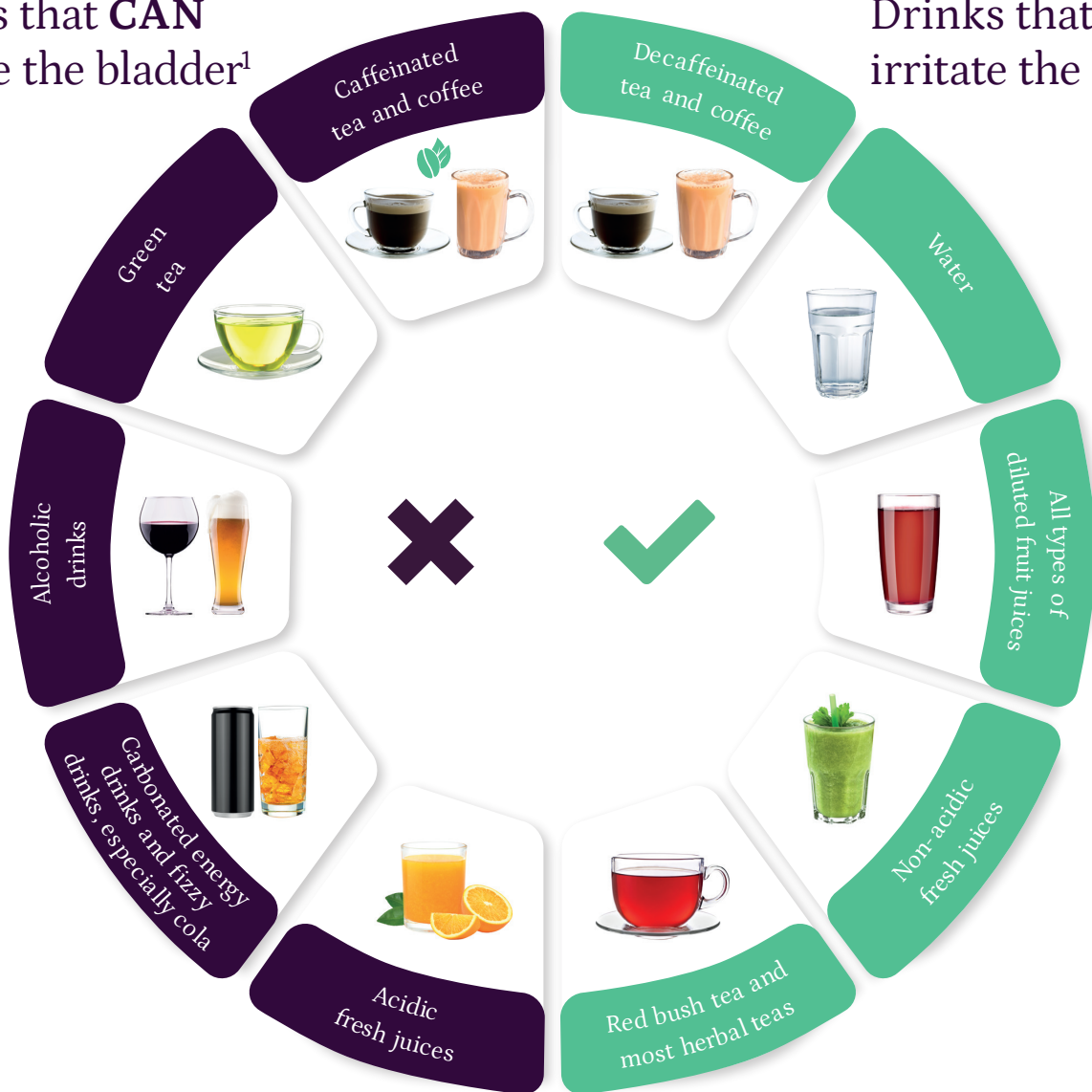


Drinking for a Healthy Bladder

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 much².

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: June 2024).

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: June 2024). Campaign developed and funded by Astellas.