

Food and drinks

Information on how you can improve your diet and fluid intake to help your urinary problems



Your diet:

It is important to eat a balanced diet with plenty of vegetables and unpeeled fruit in order to prevent constipation which can affect your bladder function.

Avoid adding extra salt to food.

Being overweight can put a strain on your bladder and make your urinary problems worse. If you have a problem with weight control, try to make some changes in your diet to reduce the amount of calories you take in. Also, take more exercise, such as walking.

Further information:

Please visit the Bladder and Bowel Foundation website:
www.bladderandbowelfoundation.org

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

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If you have any queries about the information contained in this leaflet, please contact:

Name:

Telephone:

www.leicspart.nhs.uk

Email: lpt.feedback@nhs.net

Drinking too much or not enough fluids may affect your bladder.

How much should I drink each day?

You should drink 1.5 to 2 litres (6-8 cups, mugs or glasses) of fluid a day.



Don'ts:

Some food and drinks affect your bladder and should be avoided. They include:

	You can replace these with:
✗ tea	✓ de-caFFEinated tea
✗ coffee	✓ de-caFFEinated coffee
✗ cola/fizzy pop	✓ de-caFFEinated cola/pop
✗ alcohol	
✗ chocolate	
✗ citrus juice (such as orange, grapefruit and lemon)	
✗ blackcurrant juice	
✗ green tea	

Do's:

- ✓ Have your last drink two hours before going to bed. Continue to take any bedtime medication with a small amount of water.
- ✓ Purchase a hydration bottle (with a straw inside). Fill in the morning (with a flavoured cordial if you find it difficult to drink plain water) and just sip throughout the day.
- ✓ Wean yourself off caffeine gradually to avoid headaches. Start with alternate drinks (caffeinated/ decaffeinated) until you are drinking all decaffeinated.

The following products can be found at your local supermarket/store and don't irritate your bladder.

- ✓ milk/milkshake
- ✓ non citrus fruit juice diluted with water. Apple, pear and grape are some of the recommended fruit juices
- ✓ cranberry juice (**not for patients on warfarin**)
- ✓ herbal teas (please make sure these are de-caFFEinated)
- ✓ de-caFFEinated drinks such as de-caFFEinated tea,
- ✓ de-caFFEinated coffee and de-caFFEinated cola.