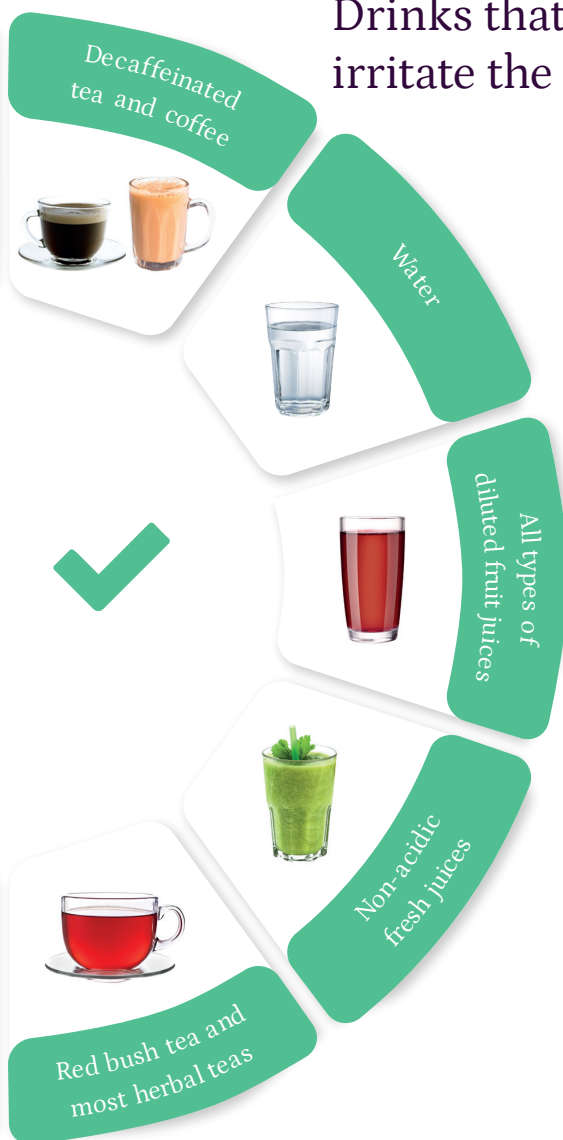


# Drinking for a Healthy Bladder

Drinks that **CAN** irritate the bladder<sup>1</sup>



Drinks that **DON'T** irritate the bladder<sup>1</sup>



Reducing your fluid intake by 25% may improve symptoms of OAB<sup>2</sup>



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

**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.



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