

Drinks that **can** irritate the bladder:



Caffeinated tea and coffee



Hot chocolate



**Acidic fruit juice
(Orange, Lemon, Lime,
Grapefruit)**



**Fizzy drinks (Including
caffeinated energy drinks)**



Alcohol



Green tea

Drinks that **don't** irritate the bladder:



Decaffeinated tea and coffee



Water



Herbal tea



**Non-acidic fruit juice
(Apple, Pineapple)**



Red bush tea



**Diluted squash and
cordial (not blackcurrant)**

Remember to gradually switch to decaffeinated tea and coffee