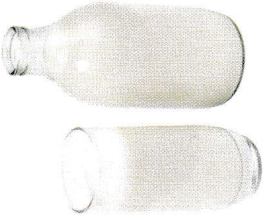




Water



Milk

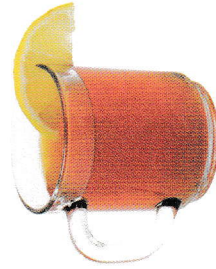


Decaffeinated coffee

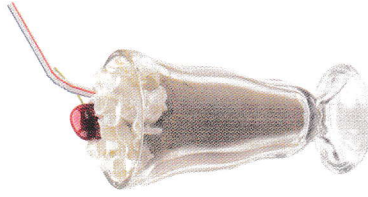
## DRINKS WHICH DON'T IRRITATE THE BLADDER



Decaffeinated tea



Herbal teas



Milk Shakes



Diluted fruit juice  
(Cranberry is recommended)



**Tea**



**Coffee**



**Hot chocolate**



**Green tea**  
(high in caffeine)



**Blackcurrant juice**

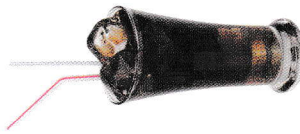
# FOOD & DRINKS WHICH CAN IRRITATE THE BLADDER



**Citrus fruit and juices**  
(e.g. orange, lemon, grapefruit, lime & tangerine)



**Tomatoes**



**Cola and other  
fizzy drinks**



**Alcohol**