

Fluid Advice

- Ensure that you are drinking 1.5-2 litres of fluid per day, if you are dehydrated this can cause your urine to be more concentrated which may irritate the bladder.
- Spread your drinking evenly throughout the day instead of drinking large volumes at once.
- Aim to have your last drink three hours before bed to reduce the need to get up at night.
- Avoid food and drinks which may irritate the bladder:

Common Bladder Irritants	Instead consider
• Caffeinated drinks e.g. tea, coffee, green tea, hot chocolate, coca cola • Alcohol • Fizzy drinks • Citrus fruit such as oranges, grapefruit, lemon and lime and their juices • Blackcurrant juice • Tomatoes and their juice • Drinks containing artificial sweeteners	• Water • Decaffeinated tea and coffee • Herbal teas • Apple juice • Milk • Diluted juice

Colour		Hydration
Very lightly tinted yellow		Well Hydrated
Light yellow		Hydrated
Straw yellow		Not quite hydrated
Dark yellow		Dehydrated
Amber		Very dehydrated