

# Types of Fluid

## Fact Sheet

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### Hydration and Pelvic Health

Many bladder and bowel symptoms are linked to the **types** of fluid you drink.. Certain fluids irritate the bladder and bowels, causing it to squeeze more, leaving you more at risk of urgency and leakage.

### Did you know?

The bladder is made out of a similar muscle tissue as the heart!

### Things That Irritate the Bladder



**Caffeinated** drinks such as tea and coffees, green tea, and even coke.

**Carbonated** drinks and anything fizzy like coke, lemonade, sparkling waters and tonic.



**Hot Chocolate** and drinks with lots of sweeteners and sugar in them.



**Citrus fruits and juices**, tomato's and blackcurrant squash.

**Alcohol**



### Drinks that don't irritate the bladder



- Water
- De-caffeinated drinks, including decaf tea and coffees
- Milk
- Herbal and Fruit teas
- Diluted fruit juices



**Making simple changes to what you drink can change bladder and bowel symptoms in even just a couple of days.**



For more support,  
watch the videos on  
fluid intake on our  
[YouTube channel.](#)