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

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Water

Milk

Decaffeinated coffee

DRINKS WHICH **DON'T** IRRITATE THE BLADDER

Decaffeinated tea

Herbal teas

Milk Shakes

Diluted fruit juice
(Cranberry is recommended)