



**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**