

## Gynaecology Department

# Fluid advice (Gynaecology)

### Why have I been given this leaflet?

You could be suffering from an overactive bladder if you have a sudden urge to go to the toilet or leak urine if you cannot reach the toilet in time.

By reducing the amount of fluid you drink to cope with your urinary problems you may make your condition worse. You need to drink 6-8 glasses/mugs of fluid per day, or your urine may become very concentrated and irritate the bladder. Not drinking enough may lead to constipation, which may also make your bladder problems worse.

It is best to avoid drinks such as tea, coffee, cola and hot chocolate as these contain caffeine which may also irritate your bladder, causing you to rush to the toilet. It can help to cut down on fizzy drinks, alcohol, citrus fruits/juices and tomato products which can also irritate your bladder.

If you get up more often during the night, it may be helpful to reduce the amount you drink three hours before going to bed. You should always try to pass urine before going to bed.

### Drinks that do not irritate the bladder:

- Water
- Milk or milkshakes
- Decaffeinated coffee/tea
- Diluted fruit juice/squash
- Herbal
- teas



## Patient Information

### **Ways to can help you manage your fluid intake:**

- Spread your fluid intake evenly throughout the day
- Look at the colour of your urine – a pale yellow or clear urine usually means that you are drinking enough, whereas dark coloured urine may mean that you are not drinking enough and you need to increase your fluid intake

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 02476966024 and we will do our best to meet your needs.

The Trust operates a smoke free policy

#### **Document History**

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