

Urology Department

Fluid advice

Do you have too little to drink?

Do you have too much to drink?

You should have approximately 1½ - 2 litres (2½ - 3½ pints) of fluids everyday unless you have been told by your doctor that you are on a restricted fluid intake.

If you have problems 'holding your water' (bladder control), it can help if you **avoid** the following:

- Green tea
- Acidic fresh drinks
- Alcohol
- Caffeinated energy drinks
- Tea
- Coffee
- Cola
- Chocolate
- Oranges
- Grapefruit
- Lemons
- Limes

You **can** have these alternatives:

- De-caffeinated tea
- De-caffeinated coffee



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- De-caffeinated cola
- Herbal tea
- Diluted fruit squash
- Water

You can also have:

- Water
- Milk
- Beer
- Apple juice
- Cranberry juice – you should not drink cranberry juice if you take Warfarin medication. Cranberry juice should also be limited if you have diabetes.

These are available from most supermarkets.

Drinking enough of the right kind of fluids:

- Helps prevent constipation
- Helps prevent urinary tract infections
- Helps prevent kidney and gall stones
- Helps you manage diabetes if you have this condition

Further Information

For further information, please contact the Urology Department: telephone: 024 7696 5295.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5295 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Patient Information

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