

Gynaecology

Fluid advice (Gynaecology)

Why have I been given this leaflet?

You could have 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.

Reducing the amount of fluid you drink to relieve with your urinary problems may make your condition worse. You need to drink 6 to 8 glasses/mugs of fluid per day or your urine may become very concentrated and irritate your bladder. Not drinking enough fluid 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 3 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



Patient Information

- Herbal
- Teas

Ways you 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

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Document History

Department:	Gynaecology
Contact:	27350
Updated:	February 2023
Review:	February 2025
Version:	4
Reference:	HIC/LFT/1907/15