

Healthy Bladder And Bowels – Fluid Advice

It is important to maintain a healthy bladder and bowel for general health and wellbeing. A large factor in this is the amount and type of fluid that you drink.

A general guide is that an adult should drink around 1500-2000mls of fluid per 24 hours.

It is important to drink this throughout a 24 hour period spreading the amount of fluid throughout the day rather than have a large amount at one time.

Fluids That Are Good For Your Bladder And Bowels



Water

Milk

Diluted cordial / squash drinks

Decaffeinated Tea and Coffee

Fruity and herbal teas

Fluids That May Aggravate Your Bladder And Bowels



Tea

Coffee

Green Tea

Fizzy drinks including sparkling water

Energy drinks

Hot Chocolate

Caffeine can irritate the lining of the bladder causing urinary and faecal urgency and frequency with possible urge incontinence, due to overstimulation of the bladder and bowel.

Caffeine is also a diuretic which can cause increased frequency of the bladder.

Fizzy or carbonated drinks including sparkling water , also, can cause overstimulation and irritation of the bladder causing frequency and urgency.

Not drinking enough fluid can cause constipation and can irritate the bladder causing urgency and frequency.



Changing the amount and type of fluids we drink can result in a healthy bladder and bowel and aid individuals gaining control again of their bladder and bowel.