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Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team

Telephone: 0151 471 2377 or Freephone:
0800 328 2941
Email: palsandcomplaints@merseycare.nhs.uk

To request the leaflet in an alternative format or language please contact the Equality and Diversity Team.

Telephone: 0151 472 7458
Email: equality2@merseycare.nhs.uk

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Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Bladder and Bowel Service

Are you drinking enough fluid?

How much fluid should I be drinking?

Drink six to eight glasses of fluid a day (but no more) unless your doctor advises you otherwise.

Many people with urinary incontinence avoid drinking fluids, as they feel it causes more problems. However, limiting your fluid intake makes incontinence worse, because it reduces your bladder's capacity.

It's easy to overlook, but choosing healthier drinks is a key part of getting a balanced diet. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth. Plain tea, fruit tea and coffee (without added sugar) can also be healthy.

If you don't like the taste of plain water, try sparkling water or add a slice of lemon or lime. Or heat the water and add a slice of lemon.

You could also add some no-added-sugar squash or fruit juice for flavour.

Is there anything I should cut down on?

Alcohol

Alcohol is a diuretic, which makes you urinate more often. Cutting down may help your incontinence symptoms.

Caffeine

Caffeine irritates the bladder and can make incontinence worse. Coffee has the biggest effect, so stop drinking it or switch to decaffeinated. Fizzy drinks, tea and hot chocolate also contain caffeine, so cut down on these too and replace them with water and herbal or fruit teas.



Benefits of good fluid intake

- Cleans toxins from your body
- Promotes Cardiovascular health
- Reduces blood pressure
- Helps muscles and joints work better
- Keeps your body cool
- Keeps your skin soft and supple
- Boosts your energy.

