

Bladder Irritants

Common bladder irritants to avoid

NOTE: Most people are not sensitive to ALL of the products listed below. Your goal is to find what specific food and/or drinks make YOUR symptoms worse.

Do Not Drink:

<p>Alcohol</p>			<p>Carbonated beverages</p>			<p>Artificial sweeteners</p>		
CAFFEINATED DRINKS								
<p>Coffee <i>regular and decaf*</i></p>		<p>Tea</p>		<p>Soda <i>regular and diet</i></p>				
* Although decaf is better, it can still be an irritant.								
FRUIT JUICES								
<p>Apple</p>		<p>Cranberry</p>		<p>Citrus fruits orange, grapefruit</p>				

Do Not Eat:

<p>Dark, milk chocolate</p>		<p>Vinegar</p>		<p>Vitamin B complex</p>		<p>Vitamin C</p>	
ACIDIC FOODS							
<p>Spicy foods</p>		<p>Vinegar</p>		<p>Pepper</p>		<p>Chilli</p>	
<p>Tomato-based products (salsa, sauces)</p>				<p>Citrus fruits (orange, grapefruit, lemon, lime)</p>			
<p>Other fruits (apples, cranberries, pineapple, peaches, strawberries, tomatoes, mango, plums, grapes, guava, cantaloupes)</p>							

Bladder Irritants



Many different factors can cause bladder irritation, leading to symptoms like urinary frequency and urgency:

- Caffeinated food/drinks
- Highly acidic food/drinks
- Concentrated urine from inadequate hydration
- Smoking

What Can I Do?

Try implementing diet modifications and lifestyle changes.

Dietary Alternatives

Although a better alternative, decaffeinated beverages can still be irritating.

Coffee

- Kava (low-acid instant coffee)
- Cold brew coffee

Tea

- Non-citrus herbal
- Sun-brewed tea

Fruit

- Pears, apricots, papaya, watermelon

Supplements

- Adding low-calorie flavoring to water may encourage you to drink more fluids.
- Calcium carbonate co-buffered with calcium ascorbate can be substituted for Vitamin C.
- Prelief works as an acid blocker for the bladder.

Resources

- <https://my.clevelandclinic.org/health/articles/14244-bladder-irritating-foods>
- https://www.hopkinsmedicine.org/johns_hopkins_bayview/_docs/medical_services/gynecology_obstetrics/bladder_irritants.pdf
- <https://uihc.org/health-topics/bladder-irritants>

Lifestyle Modifications

Stay hydrated throughout the day (2-2.5 liters/day).

If you smoke cigarettes, quit.

To help with frequent urination during the night:

- Limit fluids at least two hours before bedtime.
- If you have congestive heart failure (CHF):
 - Take your diuretics or “water pills” in the morning.
 - Elevate your legs in the evening.

Keep a Bladder Diary

- Try eliminating bladder irritants that are listed on page one for at least 10 days and record any change in your symptoms in a bladder diary.
- If your symptoms improve, you can add these items back into your diet – ONE at a time.
- That way, you are able to identify what food(s) and/or drink(s) are causing your symptoms.