

## **Bladder Irritants**

There isn't a specific diet that we recommend, but there are certain foods and fluids that you can decrease or eliminate from your diet. This may help lessen your bladder symptoms.

**Fluid Intake:** People who have bladder problems often reduce their fluid consumption hoping to urinate less often. Reducing your fluid intake actually causes concentration of urine. Concentrated urine can be irritating to the bladder lining which in turn can increase symptoms. Decreasing your fluid may also encourage the growth of bacteria which increases the risk bladder infections. Water is the best beverage to drink. Caffeine can be dehydrating.

**Dietary Irritants:** Certain foods and beverages are considered bladder irritants and can exacerbate bladder symptoms. You can try eliminating all of the foods/liquids that are listed or you can try eliminating one at a time for at least a week to see if your symptoms improve. Once you have noticed improvement you may begin to reintroduce desired foods on this list one at a time to determine which food(s) caused a problem. Many people find that they can tolerate some of the foods in limited, occasional amounts. Water is the best beverage to drink.

- Coffee, tea – even decaffeinated (herbal teas are okay)
- Caffeine – soda, coffee, tea, energy drinks, medicines containing caffeine (Excedrin)
- Alcoholic beverages
- Carbonated beverages
- Citrus & Acidic fruits and juices – oranges, grapefruit, lemons, strawberries, pineapple, plums, or cranberries
- Tomatoes and tomato-based products
- Raw Onions
- Spicy foods. Highly seasoned foods
- Aged cheeses
- Pickled foods
- Canned, cured, smoked, and processed meats
- Chocolate – it contains caffeine
- Artificial sweeteners (NutraSweet, saccharin and Aspartame) – especially in diet soda

This is not an all-inclusive list as there may be other foods/fluids that can cause symptoms and each individual can be affected differently. These do not harm the bladder and that is why we refer to them as bladder irritants.