



Bladder Irritants

Certain foods and drinks have been associated with worsening symptoms of urinary frequency, urgency, urge incontinence, or bladder pain. If you suffer from any of these conditions, you may wish to try eliminating one or more of these foods from your diet and see if your symptoms improve. If bladder symptoms are related to dietary factors, strict adherence to a diet that eliminates the food should bring marked relief in 10 days. Once you are feeling better, you can begin to add foods back into your diet, one at a time. If symptoms return, you will be able to identify the irritant. As you add foods back to your diet it is very important that you **drink significant amounts of water**.

List of Common Bladder Irritants*

Alcoholic beverages
Apples and apple juice
Cantaloupe
Carbonated beverages
Chili and spicy foods
Chocolate
Citrus fruit
Coffee (including decaffeinated)
Cranberries and cranberry juice
Grapes
Guava
Milk Products: milk, cheese, cottage cheese, yogurt, ice cream
Peaches
Pineapple
Plums
Strawberries
Sugar especially artificial sweeteners, saccharin, aspartame, corn sweeteners, honey, fructose, sucrose, lactose
Tea
Tomatoes and tomato juice
Vitamin B complex
Vinegar
***Most people are not sensitive to ALL of these products; your goal is to find the foods that make YOUR symptoms worse**

Low-acid fruit substitutions include apricots, papaya, pears and watermelon. Coffee drinkers can drink Kava or other low-acid instant drinks. Tea drinkers can substitute non-citrus herbal and sun brewed teas. Calcium carbonate co-buffered with calcium ascorbate can be substituted for Vitamin C. Prelief is a dietary supplement that works as an acid blocker for the bladder.

Where to get more information:

- Overcoming Bladder Disorders by Rebecca Chalker and Christine E. Whitmore, HarperCollins, 1990
- You Don't Have to Live with Cystitis! By Larrian Gillespie, Avon, 1988