



How to Minimize Bladder Irritation

What is bladder irritation?

- Sometimes, certain foods and other factors can cause urinary frequency, urinary urgency, and discomfort or pain with urination.
- If you have these symptoms, it is important to see your healthcare provider to make sure you don't have a urinary tract infection (which can have similar symptoms).
- If there is no sign of a urinary tract infection, you may have bladder irritation.

How is bladder irritation treated?

- The most common way to treat bladder irritation is to eliminate foods that can trigger the symptoms.
- Usually, by eliminating bladder irritants, you will notice relief within 10 days.

What are the most common bladder irritants?

- Acidic foods have been shown to irritate the bladder.
- The following is a list of the most common foods to avoid:
 - Alcoholic beverages
 - Carbonated water, soda, or other beverages (with or without caffeine)
 - Coffee or Tea (with or without caffeine)
 - Chocolate
 - Corn syrup
 - Apple juice
 - Citrus juice and fruits (Oranges, Lemons, Limes, Grapefruit, etc)
 - Cranberries
 - Apples
 - Grapes
 - Guava
 - Cantaloupe
 - Peaches
 - Pineapple
 - Plums
 - Strawberries
 - Tomatoes and tomato-based products
 - Onions
 - Vinegar
 - Chiles / Spicy food
- There are other foods that are thought to be irritating to the bladder, but it can vary from person to person:
 - Spices (especially hot ones)
 - Wheat, rye, corn, oats, barley and their derivatives
 - Grain alcohol
 - Liquid glucose
 - All vegetable fats (except olive oil)
 - Beans, including ground nuts and coca

Are there other ways I should change my daily diet?

- Drink enough liquids, especially water. It keeps the urine from getting too strong. When urine becomes concentrated it can cause bladder urgency, can have a foul odor, and can cause urinary tract or skin infections.
- Drink coffee that has had the acid removed. **Kava** and **Rombauts** are a couple brands that can be found in the grocery store.
- Drink herbal teas, provided they don't have a lot of citrus. Drink weak tea (dunk a tea bag quickly in water four times, just to color the water instead of steeping the tea bag for a long time).
- Drink **Ovaltine** instead of chocolate drinks.
- Drink fruit juices such as apricot nectar, pear nectar, and papaya juice
- Drink late harvest dessert wines (they have a lower acid content than other wines)
- Use fructose instead of NutraSweet or Saccharine
- Substitute carob for chocolate in recipes
- Use orange or lime peel scrapings for flavor. Do not use the white part of the rind
- Use pine nuts in place of other nuts
- Eat breads made with potato flour, soy flour, or rice flour
- For vitamins:
 - Look for Vitamin C made with calcium ascorbate co-buffered with calcium carbonate
 - Take Vitamin E in powdered form instead of the oil capsules
 - The only B vitamin to use is Vitamin B6