

Foods that Irritate Your Bladder

What to eat and what to avoid

This handout explains what foods and drinks can irritate your bladder. It also gives tips for other items to eat and drink instead.

What happens when the bladder is irritated?

When your bladder is irritated, you may need to urinate urgently or more often than usual.

Why is diet important?

Some foods and drinks can irritate your bladder. To lessen this irritation, you must reduce or avoid these foods. Your symptoms should start to ease about 10 days after you stop eating these foods or start eating less of them.

Foods to Avoid

These foods are most likely to irritate your bladder:

- Alcohol (liquor, wine, wine coolers, and beer)
- Acidic fruits or juices such as cranberry, orange, lemon, lime, grapefruit, and pineapple
- Apple juice
- Carbonated drinks
- Spicy foods and chilies
- Chocolate
- Acidic drinks and drinks with caffeine: coffee, decaf coffee, and some teas
- Tomatoes and tomato products such as tomato sauce, salsa, and ketchup
- Foods that contain the artificial sweeteners *aspartame* or *saccharine*



Be sure to follow these tips about foods to avoid.

What to Use Instead

- Drink coffee with the acid removed, such as Kava or Rombauts.
- Drink herbal tea with low amounts of citrus. Or, drink weak tea. To make weak tea, dip the teabag 4 times instead of letting it steep in the hot water.
- Use carob instead of chocolate in recipes.
- Drink low-acidity fruit juices such as apricot, pear, or papaya juice.
- If you want to drink wine, choose late-harvest dessert wines. They have a lower acid content.
- Use Superose instead of NutraSweet or saccharine.
- For citrus flavor, use only the peel from oranges, lemons, or limes. Do **not** eat the white part of rind and do **not** drink the juice.
- Use Prelief or Coffee Tamer to reduce the acid in foods.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC - Montlake Urology

Clinic: Call 206.598.4294

weekdays from 8 a.m. to 5 p.m.

All other times, call 206.598.6190 and ask to page the Urology doctor on call.

Women's Health Care Center:

Call 206.598.5500:

- Tuesdays, 7:30 a.m. to 7 p.m.

- Other weekdays, 7:30 a.m. to 5 p.m.

All other times, call 206.598.6190 and ask to page the Urology doctor on call.

UWMC - Northwest Pelvic Health

Center: Call 206.668.4477

weekdays from 8 a.m. to 5 p.m.

All other times, call 206.668.4477 and ask to page your provider.