



# HOW Diet Can Affect Your Bladder

**You can decrease strong and sudden urges to urinate by paying attention to your diet and certain triggers. Following these dietary guidelines could help you control your bladder.**

## ELIMINATE OR LIMIT SPECIFIC FOODS AND FLUIDS.

There are certain foods and fluids that may irritate your bladder. This can make leakage worse. We aren't sure why some foods cause irritation, but you could try eliminating one (or all) to improve your bladder control. If you are unable to give them up completely, use the following items in moderation.

- Alcoholic beverages
- Tomato-based products
- Vinegar
- Coffee (regular and decaf) and other caffeinated beverages
- Tea (regular and decaf)
- Curry
- Spicy foods
- Carbonated beverages
- Soda
- Milk or dairy after lunch (may lead to bedwetting)
- Food colorings and flavorings
- Drinks with artificial colors
- Artificial sweetener
- Chocolate
- Candy
- Cantaloupe, watermelon, pineapple, plums, peaches, strawberries, guava
- Citrus fruits, juices (orange/lemon)
- Cranberries
- Vitamins B and C
- Pizza with cheese

There are food and drink options that are good substitutes for those listed above, including:

- **Low-acid fruits:**  
pears, bananas, apples, apricots, cherries, nectarines, papaya, grapes and raisins.
- **Tea substitutes:**  
Non-citrus herb teas, sun-brewed teas

## KEEP HYDRATED AND DRINK THE RIGHT KINDS OF FLUIDS.

Many people who have urine leakage decide to drink less fluid in order to prevent accidents, but this is not a good idea. While decreasing fluids will mean your body makes less urine, the urine that it does make will be very concentrated (darker yellow in color). Concentrated urine can irritate the bladder more and can actually increase trips to the bathroom and problems with leakage. It also encourages the growth of bacteria, which may lead to infections resulting in incontinence.

Water is always the best option to stay properly hydrated. Grape and apple juice are also good choices because they are not as irritating to the bladder as other beverages such as carbonated drinks or orange juice.

Please call us at **617-754-9100**, if you have any questions.