

Bladder Irritants

For addressing Urge incontinence/bladder frequency and urgency

- 1) Caffeine- coffee, tea, soda. Carbonated drinks as well including soda waters.
- 2) Spicy foods
- 3) Citrus fruits
- 4) Artificial sweeteners including splenda, aspartame, those yummy sweeteners in your starbucks flavored drinks!
- 5) Acidic foods including high vitamin C items (for some this includes Kiwi, strawberries, bell pepper, tomatoes)
- 6) Dark chocolate

Note: This doesn't mean you have to cut them all out! Try cutting one out for a few days and track your symptoms.

A bladder diary can be super helpful! There are apps for this and tons of free templates online. Generally recommend doing a diary for 3 days, two weekdays and one weekend day if your diet tends to be different on these days.

- You will track what time of day you ate or drank an item.
- When you go pee.
- What the urge was (low, medium, high or normal)
- How much. You dont have to measure just count in seconds. (normal volume of urine in a bladder should take 8-15 seconds to void)
- If you had any bladder leakage and if so how much estimated. (dribbles, enough to soak a pad or full underwear change)

Hydration

Fluid management is also important. If dehydrated your bladder lining is more sensitive and can cause increased sense of frequency and irritation. You should get at least 6-8 glasses of water(64-80oz)but may be more depending on diet and activity demands. They should be well spaced out. No chugging. Try drinking water right when you wake up if you do drink coffee so that the caffeine chemicals are more diluted.