

## Bladder “Diet”

As an integral part of your treatment for overactive bladder, in conjunction with bladder retraining and in some cases medications, it is crucial that you avoid or eliminate certain things in your diet that are concentrated in the urine and irritate the bladder lining.

As you initially get your bladder “under control”, we strongly recommend that you find the things that you consume on this list in significant amounts and eliminate them. It is possible that once your symptoms are under control some of these may be reintroduced in moderation. Each person’s situation is different and you will have to experiment with what works for you. *Initial and continued success depends upon you!*

<b>Beverages</b>	<b>Vegetables</b>
Alcohol (including wine)	Avocados
Coffee (decaffeinated as well)	Beans (fava, lima)
Dark sodas (yes, Coke, Diet Coke etc.)	Onions
Tea (including some herbal teas)	Pepper
Acidic fruit juices (orange, grapefruit, tomato, apple etc.)	Tomatoes
Carbonated drinks	<b>Other Foods</b>
<b>Fruits</b>	Aspartame
Apples	Chili
Bananas	<i>Chocolate (ouch!)</i>
Canned figs	Brewer’s yeast
Cantaloupe	B Vitamins
Cranberry	Cheese
Grapes	Chicken liver
Guava	Corned beef
Lemons	Marmite (a spread made from yeast)
Limes	Mayonnaise
Nectarines	Nuts
Oranges	Pickled herring
Peaches	Rye bread
Pineapple	Saccharin
Plums	Sour cream
Prunes	Soy sauce
Raisins	Vinegar
Strawberries	Yogurt

As you eliminate the beverages that are irritants, substitute plain water as it dilutes remaining irritants. Drink enough fluid, but not too much (the goal is pale yellow urine without odor). There is no scientific truth to the “8 – 8oz. glasses of water a day” and each person’s requirements are different depending upon size, activity, salt intake etc.

Remember, initially avoiding bladder irritants is an **essential** part of your treatment. *Do your best and realize that success depends greatly upon your motivation.*