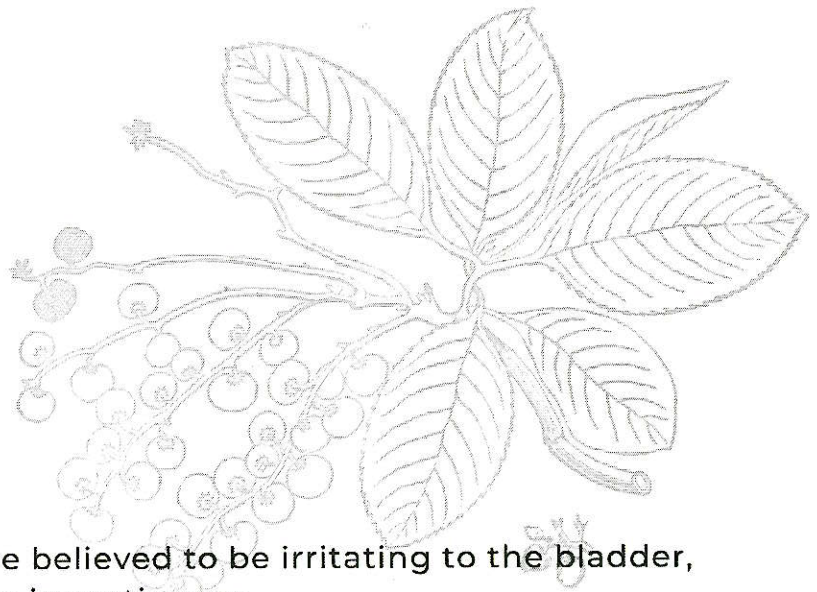


# BLADDER IRRITANTS



There are foods and beverages that are believed to be irritating to the bladder, contributing to urgency and frequency incontinence.

The effect of these remains to be fully understood, however, it may be helpful to decrease the consumption of each of these individually to see if they impact your bladder.

- Smoking
- Alcoholic Beverages
- Caffeinated beverages: Coffee (regular and decaf), Tea (regular and decaf), Chocolate, Cola
- Carbonated beverages
- Spicy foods
- Artificial sweeteners
- Vinegar
- Tomato based products
- Food colourings and flavourings

Drinking less water does not actually help with bladder control issues. Decreased liquid intake decreases the volume of urine. This smaller amount of urine will be more highly concentrated and irritating to your bladder. Your urine should be pale lemonade in colour, without a strong odour. If you have burning or discomfort when you urinate, please consult a physician as this could be a sign of infection.

Small changes can help you gain control of your bladder. Implement changes slowly and don't get discouraged!

*Sasja Drechsler*

PELVIC HEALTH PHYSIOTHERAPY

