

Advice to Reduce Bladder Irritation

Some foods can cause bladder irritation, or make bladder irritation worse. Trying to take certain foods out of your diet may help to relieve your symptoms. **Prelief**, an over-the-counter supplement, blocks food acids and can help with bladder irritation. Management of stress and anxiety can also help to reduce bladder irritation.

AVOID:

- Carbonated drinks
- Caffeine
- Spicy foods
- Too much/too little fluid
- Constipation
- Alcohol
- Sugar substitutes
- Acidic foods (coffee, tomatoes, citrus fruit, etc.)
- Chocolate
- Milk products
- Strawberries
- Plums
- Grapes
- Apples and apple juice
- Peaches

**** You should try to urinate every 2-3 hours during the day,
even if you don't feel a strong urge ****

Advice for those with nocturia (waking up at night to urinate)

- 1) Sleep apnea must be treated.
- 2) Avoid fluids 3 to 4 hours prior to bedtime.
- 3) Elevate your legs to heart level for 1 hour at dinnertime.

Advice to Decrease the Risk of Urinary Tract Infections

YOU SHOULD:

- Drink 2 liters or more per day
- Urinate every 2-3 hours during the day
- Take cranberry pills daily (over the counter at any pharmacy)
- Take 1,000mg of Vitamin C daily
- Use lubrication with sexual activity
 - If you ARE using condoms, use "All Natural Astroglide"
 - If you are NOT using condoms, use medical grade mineral oil

AVOID:

- Avoid constipation (Metamucil is helpful)
- Avoid baths
- Avoid spermicidal lubricants (with or without latex condoms)

**** If you feel like you are getting an infection, make SURE to get a urine analysis with microscopic exam AND a urine culture****