

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 acidic foods (**onions, tomatoes, citrus**) and can help with bladder irritation. Management of stress and anxiety can also help to reduce bladder irritation. Even **gluten** has been implicated in lower urinary tract symptoms and some people choose to avoid this.

AVOID:

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| • Carbonated drinks | • Chocolate (has caffeine) |
| • Caffeine (>2 cups per day) | • Milk products |
| • Spicy Foods | • <i>Strawberries</i> |
| • Too much/too little fluid | • <i>Plums</i> |
| • Constipation (<i>a full rectum pushes on the bladder</i>) | • <i>Grapes</i> |
| • Alcohol (is a diuretic—produces more urine) | • <i>Apples and apple juice</i> |
| • Sugar substitutes (Equal, Sweet’N’Low, Splenda) | • <i>Peaches</i> |
| • Acidic foods (coffee, tomatoes, citrus such as orange juice , etc.) | |

Foods in bold are more important. Foods in italics may be an issue for some people, but not all.

*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 dinner time.

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