

ALCOHOL (LIQUOR, WINE, BEER)

CAFFEINE

COFFEE (INCLUDING DECAFFEINATED)

CARBONATED DRINKS

CHOCOLATE

ACIDIC FRUIT JUICES

MILK PRODUCTS

APPLES/ STRAWBERRIES/ CRANBERRIES

GRAPES/ GUAVA/ PEACHES/ PINEAPPLE/ PLUM

TOMATOES (TOMATO JUICE, RED SAUCE, BBQ SAUCE, CHILI)

SPICY FOODS

SUGAR AND ARTIFICIAL SWEETENERS

VINEGAR



*Common*

BLADDER  
IRRITANTS



# Helpful Tips

## DRINK PLENTY OF WATER!

LIMITING LIQUIDS MAY RESULT WITH FEWER BATHROOM TRIPS; HOWEVER, THE SMALLER AMOUNT OF URINE WILL BE HIGHLY CONCENTRATED AND WILL IRRITATE THE BLADDER MORE!

## SUBSTITUTE WITH LESS IRRITATING FOODS !

- PEARS
- WATERMELON
- APRICOTS
- PAPAYA
- KAVA BEVERAGE
- SUN BREWED TEAS
- NON-CITRUS HERBAL TEAS
- LOW-ACID INSTANT DRINKS (POSTUM)



*Common*

# BLADDER IRRITANTS



Caffeine

Chocolate

Carbonated Drinks

Acidic fruit juices

Alcohol (liquor, wine, beer)

Coffee (including decaffeinated)

Milk Products

Apples/ Strawberries/ Cranberries

Grapes/ Guava/ Peaches/ Pineapple/ Plum

Spicy Foods

Sugar and Artificial Sweeteners

Vinegar

Tomatoes (tomato juice, red sauce, BBQ sauce, chili)

## *Helpful Tips*

LESS IRRITATING FOODS AND  
BEVERAGES:

Pears

Watermelon

Apricot

Papaya

Kava Beverage

Sun-Brewed Teas

Non-Citrus Herbal Teas

Low-Acid Instant Drinks

DRINK  
PLENTY  
OF WATER  
(AROUND  
80 FL OZ)!



**OPTIMAL  
HEALTH**

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