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





## BLADDER IRRITANTS





## 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!

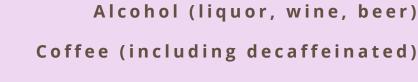
## SUBSTITUTE WITH LESS IRRITATING FOODS!

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





BLADDER IRRITANTS Caffeine
Chocolate
Carbonated Drinks
Acidic fruit juices



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)

-elpful lips

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)!

