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Classic Bladder Irritants

Certain foods and drinks have been associated with worsening symptoms of urinary frequency, urgency, urge incontinence, or bladder pain. If you suffer from any of these conditions, you may wish to try eliminating one or more of these foods from your diet and see if your symptoms improve. Keeping a food diary in conjunction with a voiding diary may help you to see a pattern between particular foods and an increase in symptoms.

- Alcohol: liquor, wine, wine coolers, beer
- Caffeine: coffee, tea, soda, some darker herb teas, chocolate. Even decaffeinated versions of these products contain methyl xanthenes, which is a bladder irritant.
- Acidic Fruit or fruit juices: orange, grapefruit, lemon, lime, mango, pineapple
- Tomatoes: tomato juice, red spaghetti sauce, pizza, barbecue sauce, chili
- Spicy foods: Mexican, Thai, Indian, Cajun, "Southwest"
- Sugar, especially artificial sweeteners: saccharin, aspartame, corn sweeteners, honey, fructose, sucrose, lactose
- Milk Products: milk, cheese, cottage cheese, yogurt, ice cream

Most people are not sensitive to ALL these products; your goal is to find the ones YOU are sensitive to. There are certain supplements that can help the bladder be less sensitive to food irritants. Prelief is an acid blocker for the bladder. Cystone is a product that helps regulate oxalate levels in the bladder and DJD Factors restores normal bladder mucousal integrity. Feel free to contact us for additional information on these products.