

Diet for a Healthier Bladder

If you have an 'overactive bladder' or other irritating or painful bladder conditions, basic changes to your diet can help reduce these symptoms. You can help your bladder stay healthy by adjusting the foods and beverages you eat and drink.

Foods and beverages that make the urine more acidic, are more likely to irritate your bladder and cause an increase in urinary urgency and frequency. The most significant bladder irritants are alcohol, caffeinated beverages, and carbonated beverages.

If your bladder symptoms are related to your diet, an elimination diet may help to identify the problematic food or drink. To determine which foods or beverages, if any, might be affecting your bladder symptoms, try the following "elimination diet".

Elimination Diet

- 1 Review the potential "triggers" listed below. Circle items that you tend to eat or drink.
- 2 Now avoid the foods you circled for 3 weeks. After three weeks, try adding the eliminated items back into your diet, one at a time. Each time you eat or drink one of the listed items, pay attention to patterns in your symptoms. If your symptoms seem to flare up after eating or drinking a certain food or beverage, eliminate it from your diet. If your symptoms do not get worse, you should be able to continue consuming the item without problems.
- 3 Alternatively, if the "elimination diet" is too difficult, you could just try one-by-one elimination of possible triggers, while observing for improvement of your symptoms each time you make a change.

Alcoholic Beverages	Tomatoes / Tomato Juice	Vitamin C
Coffee & Tea (even decaf)	Apples	Vinegar
Carbonated Beverages	Pineapple & Mango	Artificial Sweeteners
Citrus & Apple Juice	Lemons & Limes	Pepper
Chocolate	Citrus Fruits	Nectarines Peaches
Lemon Juice	Cranberry	Strawberries
Chili / Spicy Seasonings	Grapes, Peaches, Plums	Cantaloupes

If you have Interstitial Cystitis (IC), an even wider range of foods may worsen your symptoms. . In fact, up to 91% of people with IC report that certain foods and beverages cause their symptoms to worsen; the most frequently reported and most bothersome are caffeinated, carbonated and

alcoholic beverages, citrus fruits and juices, artificial sweeteners and spicy foods. If you have IC, along with the items already listed above, you should also consider an elimination diet that includes the following:

MSG	Cheese	Yogurt
Bananas, Cherries	Prunes	Corned Beef
Lima Beans	Fava Beans	Pickled Herring
Pickles, Horseradish	Raisins	Sausage, smoked meats
Soy Sauce	Ketchup , Mustard	Sauerkraut
Mayonnaise	Vitamin B	Burritos, Chili
Sour Cream	Onions	Pizza

You can help your bladder stay healthy. Drink lots of water Drinking water may help to decrease the acidity in the bladder and minimize your symptoms. In addition, the following may also help to reduce the acidity of your urine and provide some relief of your bladder symptoms:

1. Baking Soda Cocktail: Prepare a baking soda 'cocktail' by mixing 1 teaspoon of baking soda with 16-oz. of water. Drink and repeat it 2 or 3 times a day as needed. Please note you should, avoid using baking soda if you are pregnant, prone to salt retention, or if you have high blood pressure.
2. Prelief®: This is an over the counter medication, you can buy at the store without a prescription. The purpose is to reduce urine acidity. Take it according to directions on the package
3. Tums®: This is an over the counter medication; take it as you would normally take for an upset stomach, with plenty of water. This will also make the urine less acidic.