

# Common Bladder Irritants The “C” List

The following is a list of foods and beverages that may irritate your bladder causing bladder contractions or “spasms.” These bladder contractions can create the feelings of urgency and increased frequency and are associated with Overactive Bladder Syndrome. Often times, urinary incontinence may develop with increased bladder contractions.

- Coffee and tea  
*(even decaffeinated)*
- Carbonated beverages  
*(Coke, Pepsi, etc.)*
- Cold remedies
- Chocolate
- Citrus *(whole or juiced)*
- Cranberry juice or pills
- C vitamin
- Cocktails
- Candy and sugars
- Chili and other  
tomato-based foods
- Chinese food  
*(spicy or with MSG)*
- Cigarette smoking
- Corn syrup
- Crystal light and other  
drinks with artificial  
sweeteners *(aspartame,  
NutraSweet, Equal, etc.)*
- Other foods such as  
honey

**Note:** Not all of the listed substances will cause bladder irritation in all people. Avoid the offenders on the list for a few weeks to a month. Then slowly add back some favorites and see what your response is. Caffeinated drinks and alcohol are typically the worst offenders.

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You must increase your fluid intake to 4-6 glasses of water a day. Avoid drinking large volumes; instead sip 2-3 ounces every 20 to 30 minutes. Avoid reducing fluids which may result in an increase in the concentration of the urine which can further irritate the bladder and increase symptoms of urgency and frequency. Remember, caffeinated drinks and alcohol may further dehydrate the body.

Relief tablets (calcium glycerophosphate) remove acid and neutralize foods and beverages. These should be taken with the offending food or drink. A tablespoon of baking soda in a glass of water may also reduce acidity.

### Suggested substitutes:

- Grape or cherry juice
- Apple juice
- Herbal teas
- Postum
- White chocolate
- Other fruits such as apricots, melons, home-grown tomatoes, bananas, prunes & plums

### Bladder Goals:

- Void seven times a day
- Each void should last eight seconds (*about 8 oz*)
- Drink evenly throughout the day but limit 2-3 hours before bed
- No more than 1-2 cups of caffeine per day
- ***Drink water!***



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