



Jill Byers, M.D.  
So Cal Continence Center  
320 Superior Avenue Suite 110  
Newport Beach, CA 92663  
949-515-3777  
ByersUro.com



# Is Your Bladder Bothered by What You Eat?

## Certain foods and drinks may irritate your bladder

When you have bladder symptoms—such as urinary frequency, urgency, urge incontinence, or bladder pain—there are certain foods and drinks that you may want to remove from your diet. Some foods and drinks may bother your bladder more, but not everyone is sensitive to the same things. You should talk to your healthcare provider about any symptoms you are having and any dietary changes.

**Try removing items from this list one at a time, for at least a week each, to see if you are sensitive to that item. If not, you can add it back to your normal diet. And if you are sensitive to it, you may want to avoid that item in the future.**

The most common foods and drinks that may bother your bladder are:

- Alcohol
- Caffeinated beverages
- Carbonated beverages

Some other foods and drinks that may bother your bladder include:

- Artificial sweeteners
- Cheese
- Chili
- Chocolate
- Citrus fruits
- Coffee and tea
- Tomatoes
- Vinegar

**Remember, it's important to talk with your healthcare provider about managing your diet.**