



## **Foods and Drink Which Affect Your Bladder**

The following foods and drinks may be irritating to your bladder:

- coffee
- tea with caffeine
- carbonated beverages (sodas, fizzy water)
- cigarettes
- alcoholic beverages, including beer and wine
- artificial sweeteners
- chocolate
- acidic fruits and vegetables, including juices (oranges, tomatoes, cranberry)
- spicy foods (chili, curry, hot peppers)
- vitamin C and B complex supplements

Plain water is best to drink. Grape, pear and apple juice are also good to drink as they do not irritate the bladder. Some herbal teas like chamomile and peppermint may be soothing to the bladder. Try to drink a total of 5-6 glasses of non-carbonated fluids per day. Drinking less liquid results in more concentrated urine which is more irritating to the bladder. Not enough fluids may also cause constipation.