

Urogynecology Clinic Changes in Diet

Bladder Irritants

Some foods may make a difference in urine leakage. Check your daily food and liquid intake for common bladder irritants. Avoid any of these that irritate your bladder. More common bladder irritants are:



Caffeine

Caffeine is a stimulant and a diuretic. Caffeine can be found in ice tea, coffee, tea, green tea, iced tea, chocolate, hot chocolate, dark colas, Barq's Root Beer & Cream Soda.

Note: many cough medicines and other over-the-counter medications contain caffeine. Read the labels and check with your pharmacist for substitutes.



Very acidic fruits or fruit juices

Orange, grapefruit, lemon, lime, mango, pineapple

Tomatoes

Tomato juice, red spaghetti sauce, pizza sauce, bbq sauce, chili



Spicy foods

Mexican, Thai, Indian, Cajun

Aspartame

Try removing these bladder irritant from your diet for a few weeks and see if you improve. Remove one irritant at a time. If you find that it does not make a difference, you can put it back into your diet. Remove caffeine slowly from your diet, some people have been known to develop headaches from cutting back too quickly.

Other Changes to Make

Eat a high fibre diet



Fibre in the diet helps prevent constipation and straining during a bowel movement. Straining causes downward pressure through the pelvic floor muscles, causing overstretching of these muscles. Include whole grain cereals, breads and other grain produces, as well as vegetables and fruits.



Stop smoking

A chronic smoker's cough puts pressure on the pelvic floor muscles. Cigarette smoking is also irritating to the lining of the bladder.



Avoid alcohol intake

Alcohol is a diuretic which will cause you to urinate more often. Alcohol also decreased your ability to use your pelvic floor muscles when you need them.

Drink



Try to drink 8 – 10 cups of fluid each day. Fluid includes water, juice, milk, and soups. Avoid caffeinated and alcoholic beverages as these are diuretics. Drinking more fluid will prevent your urine from becoming concentrated. Your urine should be light yellow to clear in color. Dark yellow or orangish urine could mean that you need to drink more. Concentrated or 'strong' urine may irritate the lining of your bladder.

More detailed nutrition counseling can be provided by a dietitian.