

Bladder Irritants

What is a bladder irritant?

A bladder irritant is any food, drink, or medication that causes the bladder to be irritated. This can cause frequency (needing to urinate often), urgency (the sense of needing to urinate), bladder spasms, and even bladder pain. Irritants can lead to urine leakage if there is a sudden urge but not enough time to reach the toilet.

List of common bladder irritants:

- Alcoholic beverages
- Apples/apple juice
- Bananas
- Cantaloupe
- Carbonated beverages, including soda
- Chili
- Chocolate
- Cigarettes/tobacco
- Citrus fruits
- Coffee (including decaffeinated)
- Cranberries
- Grapes
- Guava
- Milk products: cheese, milk, yogurt, ice cream, etc.
- Peaches
- Pineapples
- Plums
- Spicy foods
- Strawberries
- Sugar, especially artificial sweeteners
- Tea
- Tomatoes/tomato juice
- Vitamin B complex
- Vinegar

What is the next step?

We recommend you begin by eliminating, or at least cutting down, on the most common irritants: coffee, tea, soda, chocolate, alcohol, artificial sweeteners, and cigarettes. You should allow at least 2 weeks before noticing changes in your bladder control. The proof that the food or drink is causing irritation is the frequency and urgency that returns when the food or drink is re-introduced.