

DIVISION OF UROLOGY

Hartford | Farmington | Glastonbury | Fairfield | Danbury

Common Bladder Irritants

THE “C” LIST

The following is a list of foods and beverages that may irritate the bladder, causing premature contractions, which may lead to urgency and leaking. An irritated bladder often signals that it needs to empty more frequently. Urge incontinence may occur with this urgency associated with overactive bladder.

- Coffee and tea (sometime even decaffeinated)
- Cold remedies
- Chocolate
- Carbonation
- Coke and colas (Pepsi)
- Citrus (whether juice or fresh)
- Cranberry juice or pills
- C vitamin
- Cocktails
- Crystal light
- Candy and other sugars
- Chili and other tomato-based products
- Chinese food (spicy or with MSG)
- Cigarette smoking
- Corn syrup
- Other foods such as honey and artificial sweeteners – Aspartame (NutraSweet, Equal)

You must increase your daily fluid intake of water. Avoid drinking large volumes; instead sip 2-3 ounces every 20-30 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.