

HABITS THAT CAN AFFECT YOUR BLADDER CONTROL

Common Bladder Irritants Found in Foods and Drinks

Certain foods, drinks, medications, and habits can irritate your bladder or make bladder control problems worse. These triggers don't affect everyone the same way, so it's important to **pay attention to how your body reacts**.

Caffeine: A Top Bladder Irritant

- Found in **coffee, tea, chocolate, soda, energy drinks**, and **some medications**.
- Can cause you to **urinate more often or urgently**, sometimes within 30 minutes.
- Even foods like **dark chocolate** and **baked goods** may contain hidden caffeine.
- Try avoiding caffeine for a few days, then reintroduce it to see if symptoms return

Type	Serving size	# mg Caffeine	Type	Serving size	# mg Caffeine
COFFEE					
Brewed, drip	7.5 oz.	115-175	Instant	7.5 oz.	65-100
Brewed, percolated	7.5 oz.	80-135	Decaffeinated	5 oz.	2-4
TEA (black or green)					
1-Minute Brew	5 oz.	20-34	Instant	5 oz.	30
3-Minute Brew	5 oz.	35-46	Iced Tea	12 oz.	67-76
5-Minute Brew	5 oz.	39-			
SOFT DRINKS					
Coca-Cola	12 oz.	60	Mountain Dew	12 oz.	54
Diet Coke	12 oz.	46	Monster Energy	8 oz.	92
Pepsi-Cola	12 oz.	43	Red Bull	8.4 oz.	83
Diet Pepsi	12 oz.	36	Jolt Cola	12 oz.	71
Chocolate Desserts:					
Brownie (with nut)	1.25 oz.	8	Cake	1/16 of 9"	14
Ice Cream	2/3 cup	5	Pudding	2 cup	6
Chocolate Candy & Drink:					
Milk Chocolate	1 oz.	1-15	Baking Chocolate	1 oz.	25-35
Dark Chocolate	1 oz.	20	Hot Chocolate	6 oz.	5
Medications					
Anacin	2 tablets	64	Dristan	2 tablets	32
Excedrin	2 tablets	130	Sinarest	1 tablet	30
Midol	2 tablets	64	No-Doz	2 tablets	200
Norgesic	2 tablets	30	Vivarin	1 tablet	200

Other Irritants

Alcohol (e.g. beer, wine)

Milk/milk products

Artificial sweetener – aspartame (NutraSweet) found in Equal

Very spicy foods

Citrus juices & fruits

Sugar, honey

Tomato based foods (e.g. tomato sauce)

Carbonated beverages (e.g., soda, seltzer)

Corn syrup

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Herbs and Their Effect on the Bladder

Cornsilk	<ul style="list-style-type: none">• Very mild and considered safe• May help strengthen bladder tissue.• Possible reduces bladder leakage & bed-wetting.	Buchu leaf	<ul style="list-style-type: none">• Increases urine production (diuretic effect).• Helps flush out waste through the kidneys.• Often combined with cranberry juice in bladder health supplements.
Parsley	<ul style="list-style-type: none">• Has a diuretic effect (i.e., increases the amount of urine produced) by preventing the body from absorbing salt.	<i>Uva ursi</i> leaf	<ul style="list-style-type: none">• Contains arbutin, which may help disinfect urine, especially if your urine is more alkaline (less acidic).• Also acts as a strong diuretic, increasing how often you urinate.

⚠ Things to Keep in Mind

- While herbs are natural, they can still **interact with medications** or cause **bladder irritation** in sensitive individuals.
- Always **consult with your doctor or nurse** before starting any herbal supplements—especially if you have urinary symptoms or chronic conditions.

💧 Drinks and Fluid Habits

- ✓ **Too little fluid:**
 - Leads to **concentrated urine** (dark yellow, strong-smelling), which can irritate the bladder and increase urgency.
 - Can cause **dehydration**.
- ✓ **Too much fluid:**
 - May cause you to urinate too frequently.
- ✓ **Best practice:**
 - “**Drink to your thirst**” – not too much or too little.
 - Aim for **pale yellow urine** as a sign of good hydration.
 - Sip **2–3 ounces every 20–30 minutes** rather than drinking large amounts at once.
 - Most people do well with up to **8 cups (2 quarts)** of fluid a day.
- ✓ **Bladder-friendly beverages:**
 - **Water** (best)
 - **Grape, apple, cranberry, and cherry juices** (typically non-irritating)
 - *Note:* Cranberry juice may also reduce urine odor and prevent some infections

🍴 Food and Medications That Can Affect Urine

- Foods like **asparagus** may change urine smell.
- Some medications can cause urine to appear **colored** or **smell different**.
- If your urine has a **strong odor** and you haven't eaten anything unusual, it could signal a **bladder infection**—talk to your doctor or nurse

✅ Try This:

If you suspect something is irritating your bladder:

1. Stop eating or drinking it for a few days.
2. See if your symptoms improve.
3. Slowly reintroduce it and watch for changes