

Castleton Obstetrics AND GYNECOLOGY

 Community Physicians of Indiana

BLADDER IRRITANTS

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It is very important for those suffering incontinence, especially urge or muscle mixed incontinence, to avoid substances that irritate the bladder and cause excessive bladder contractions. Please not the following bladder irritants:

- ~ All alcoholic beverages
- ~ Apples
- ~ Apple juice
- ~ Cantaloupes
- ~ Any carbonated drinks
- ~ Chili
- ~ Spicy foods
- ~ Citrus fruits
- ~ Coffee, including decaf
- ~ Strawberries
- ~ Vinegar
- ~ Cranberries
- ~ Grapes
- ~ Guava
- ~ Peaches
- ~ Pineapple.
- ~ Plums
- ~ Tea
- ~ Tomatoes
- ~ Chocolate
- ~ Vitamin B Complex

SUBSTITUTIONS

Low Acid Fruits:

- ~ Pears
- ~ Apricots
- ~ Papaya
- ~ Watermelon

For Coffee drinkers:

- ~ Kava (low acid instant)
- ~ Cold brew from Starbucks
- ~ Pero

For Tea drinkers:

- ~ Non-citrus herbal brew
- ~ Sun brewed tea

Vitamin C Substitute:

- ~ Calcium Carbonate
co buffered with
calcium absorbate

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