

## **Bladder Irritants**

### **The 5 “C’s”**

#### **Citrus**

- Oranges, lemons, grapefruit, and their juices are citrus. These do not need to be eliminated, just pay attention to their effects on the bladder. If after consuming there is an increase in symptoms, then elimination is recommended.

#### **Chocolate**

- Eating and drinking a lot of chocolate products can be a problem. Occasional treats are fine, but again-pay attention to the effects on the bladder. If after consuming there is an increase in symptoms, then elimination is recommended.

#### **Caffeine**

- It is far better to eliminate caffeine. Mountain Dew and energy drinks are VERY high in caffeine. Try not to drink caffeinated products.

#### **Carbonation**

- Carbonated beverages, even those without caffeine, are irritating to the bladder and should be eliminated.

#### **Coloring**

- Any drinks that have dyes/coloring in them can irritate the bladder. Some colors are more irritating than others. Be especially careful with red, blue and purple dyes, in such things as Kool-Aid, Hawaiian Punch, and Gatorade.

**Other** items that may irritate the bladder are coffee and teas with and without caffeine, spicy foods, and any products containing artificial sweeteners.