

# Bladder Irritants

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## Patient Information

Foods that decrease the pH and make the urine more acidic are likely to increase urinary urgency and frequency by irritating inflamed areas of the bladder and urethra.

Most common irritants are: alcohol, carbonated beverages, and caffeinated beverages. Foods that are high in arylalkylamines may also irritate the bladder. A food that might be a bladder irritant to one person may not bother others at all. Avoid foods that irritate your bladder for about a week. Then gradually - every one to two days - add one food back into your diet. Make note of any changes in urinary urgency, frequency or incontinence. Some people use a dietary supplement, Prelief, to neutralize acids in food.

Drinking plenty of water may help to increase urinary pH and dilute the effects of irritants.

## Avoid - Foods That Decrease pH

Alcoholic Beverages	Grapefruit	Peaches
Ascorbic Acid	Guava	Pepper
Cantaloupes	Lemons	Pineapple
Carbonated Beverages	Lemon Juice	Plums
Chili	Lime	Strawberries
Coffee	Nectarines	Tea
Cola Beverages	Oranges	Tomatoes
Grapes	Vinegar	

**Possible Problem Foods – High in Arylalkamines**

Apples	Corned Beef	Prunes
Avocados	Cranberries	Raisins
Bananas	Fava Beans	Rye Bread
Beer	Lima Beans	Saccharin
Brewer's Yeast	Mayonnaise	Sour Cream
Canned Figs	NutraSweet	Soy Sauce
Champagne	Nuts – walnuts, peanuts	Vitamins B & C
Cheese	Onions	Wines
Chicken Livers	Pickled Herring	Yogurt
Chocolate		

**Foods Not Irritating to the Bladder**

Apricots	Watermelons
Papayas	Pears Kava
Sun-brewer Teas	Non-citrus Herbal Teas
Low-Acid Instant Drinks (postum)	