

# Bladder Irritants



BLADDER IRRITANTS ARE SUBSTANCES THAT IRRITATE THE LINING OF THE BLADDER AND ARE KNOWN TO WORSEN CONDITIONS THAT PRODUCE SYMPTOMS OF FREQUENCY, URGENCY, OR PAIN WITH URINATION. ELIMINATING OR CUTTING BACK ON THE FOLLOWING ITEMS MAY ALLEVIATE THESE SYMPTOMS AND IMPROVE YOUR BLADDER'S FUNCTION.



CAFFEINE

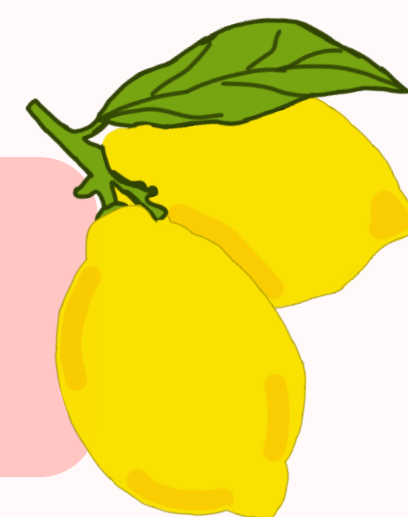
ALCOHOL

SPICY FOODS

ARTIFICIAL SWEETENERS

TOMATO BASED PRODUCTS

CITRUS FOODS



CHOCOLATE

SMOKING

DEHYDRATION

FOOD COLORING

## SOURCES

[HTTPS://WWW.NIA.NIH.GOV/HEALTH/15-TIPS-KEEP-YOUR-BLADDER-HEALTHY](https://www.nia.nih.gov/health/15-tips-keep-your-bladder-healthy)

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