



# UROGYNECOLOGY ASSOCIATES

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## FREQUENT BLADDER IRRITANTS

Alcoholic beverages of all kinds	Cranberries
Apples	Grapes
Apple Juice	Guava
Cantaloupe	Peaches
Carbonation	Pineapple
Chilies/Spicy Foods	Plums
Chocolate	Tea
Citrus Fruits	Tomatoes
Coffee(including decaf)	Vitamin B Complex
Strawberries	Vinegar
Caffeine of any kind	

Substitutions:	Low acid fruits:	pears, apricots, papaya, watermelon
	For coffee drinkers:	KAVA (low acid instant), Sumatra Decaf from Starbucks
	For tea drinkers:	Non-citrus herbal tea, sun- brewed tea
	Vitamin C substitute:	Calcium carbonate co- buffered with calcium ascorbate

NOTE: Concentrated urine is also "irritating" to the bladder and gives the urge to urinate at lower volumes than dilute urine.

It is also important to watch the amount of caffeine in medications you may be taking such as some over the counter pain relievers, etc.

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