Along with taking your medication, making a few tweaks to what you eat and drink can help you manage your overactive bladder (OAB) symptoms. Everybody’s different, so it’s important to talk to your healthcare professional before making any dietary changes.

**Did you know?**

Citric acid, artificial sweeteners, caffeine, and hot spices are some of the main culprits when it comes to bladder irritation.

**FIVE TYPES OF FOOD AND DRINK THAT COULD IRRITATE YOUR BLADDER:**

- **Hot, spicy foods**
  Choose milder foods flavored with herbs like basil, oregano, and rosemary instead.

- **Orange juice and other acidic juices**
  Pear juice, or organic apple juice, may be kinder to your bladder.

- **Carbonated beverages**
  Say no to soda (regular or diet) to help avoid OAB symptoms.

- **Caffeinated beverages**
  Try herbal coffees, and chamomile or peppermint herbal tea.

- **Alcohol**
  As a rule, alcohol and your bladder don’t mix well. Alcohol can irritate your bladder and drinking less may reduce your symptoms.