



FOOD FOR THOUGHT

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.