



Alcohol

Apples

Carbonated beverages

Chocolate

Citrus Juice & Fruits

Coffee

Corn Syrup

Cranberries

Spicy Foods

Honey

Milk

Sugar & Artificial Sweeteners

Tea

Tomatoes

Vinegar



NAFC TIP: Drink plenty of water throughout the day. Limiting your liquids may result in fewer trips to the bathroom, but the smaller amount of urine is highly concentrated and irritating to the bladder.



Common **BLADDER IRRITANTS**

The National Association For Continence