

BLADDER FUNCTION AND FOOD / FLUIDS

CONSTIPATION CAN AFFECT THE BLADDER

A poor, low fiber diet can cause constipation. It can have an effect on your ability to maintain your urine for 2 reasons:

- (1) Slow moving bowels "stuck" in the colon can press on the bladder, giving it less room to fill.
- (2) Repetitive straining for bowel movements can overstretch the pelvic floor muscles, making it difficult for them to contract.

LIMITING FLUIDS IRRITATES YOUR BLADDER

If urine is not properly diluted with water, it becomes very concentrated. It may appear dark and be strong smelling. This concentrated urine can be highly irritating to the bladder lining.

To "protect" itself, the bladder will attempt to get rid of this threat by causing you to go to the bathroom MORE frequently, not less.

COMMON BLADDER IRRITANTS

What is in your urine can also be irritating to the bladder lining and cause more frequent urges to void.

Review the list to the right. Begin to avoid these items and see if your urges decrease. Some people will have a greater sensitivity to some of the irritants listed below. It is important to learn how **WHAT** you ingest affects you.

COMMON IRRITANTS:

Drinks with caffeine: coffee (even decaf has a small amount of caffeine), tea, sodas, chocolate

Medicines with caffeine: some painkillers – Anacin®, Excedrin®, Midol®; some cold or allergy medicines – Dristan®, Sinarest®

Stimulants: Vivarin®, No-Doz®; alcohol: liquor, beer, wine; tobacco

Foods: artificial sweetener, milk and milk products, citrus fruit and juices, tomato and tomato based products, spicy foods, sugar, honey, corn syrup