

Prevail! Adult Incontinence Products

Foods & Beverages that Affect Incontinence

Common Bladder Irritants

There is no "diet" to cure incontinence, but there are certain foods you should be aware of that can affect bladder control. How these foods and beverages affect the bladder is not always understood. Talk to your physician about eliminating one or more of these items to see if this improves your urine control.

- Alcoholic Beverages (beer, wine, liquor in any form) are dehydrating
- Carbonated Beverages
- Soft Drinks with Caffeine
- Coffee (Caffeine stimulates the bladder. If you must drink coffee try switching to decaffeinated)
- Tea
- Honey
- Sugar
- Artificial Sweetener
- Corn Syrup
- Chocolate
- Tomatoes (these are acidic)
- Citrus Fruits & Juices

Helpful Foods & Beverages

Constipation can lead to incontinence. Fiber, found in oat bran, applesauce, prune juice, and in the form of additives, can improve bowel habits.

Grape, cranberry, cherry, and apple juice are thirst-quenchers that usually are not irritating. The best beverage choice is water.

An Important Note about Liquids

Many people who have bladder control issues reduce the amount of liquids they drink hoping it will reduce the amount they need to urinate. This may cause more concentrated liquid in the form of urine (dark yellow, strong smelling). This more concentrated urine can be irritating to the bladder and increase the potential for a Urinary Tract Infection and incontinence. Talk with your Physician before restricting fluids for any reason.

