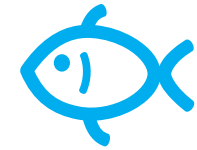




Dietary and Lifestyle Advice



THERE ARE SOME FOODS AND DRINKS which can aggravate symptoms:



tomatoes (tomato sauce), very strongly flavoured foods (chilli or spicy sauces), acidic foods and drinks (citric acid, vinegar and fizzy drinks) and artificial colourings.



AVOID caffeine and alcohol as they can worsen the symptoms of urgency and frequency.



TRY NOT TO HAVE any drinks after your evening meal, but do not stop drinking during the day as this can cause dehydration.



THERE ARE MANY LESS ACIDIC foods and drinks that your bladder may tolerate better, such as: pears, bananas, blueberries, melon, salad leaves (without vinegar), fresh fish, chicken and beef.



Generally ACID IN THESE FOODS AND DRINKS CAN IRRITATE THE BLADDER, causing you to feel as though you have to go to the bathroom when you don't really need to.

OTHER HEALTHY HABITS



Keep weight under control to alleviate pressure on the bladder. Try to practice sport regularly (long walks every day).



Reduce tobacco use, it has been shown that nicotine is an irritant to the bladder.