

BLADDER IRRITANTS

The 5 C's

Citrus

Things like oranges, lemons, grapefruit and their juices. These do not need to be eliminated, but just pay attention to their effect on the child.

Chocolate

Eating and drinking a lot of chocolate products can be a problem. Occasional treats are fine, but again, just pay attentions to their effects on your child.

Caffeine

It is far better to eliminate or limit caffeine. Jolt cola and Mountain Dew are VERY high in caffeine. Try not to drink these.

Carbonation

Any carbonated beverage, even those without caffeine need to be watched. These can irritate the bladder.

Coloring

Any drinks that have dyes/coloring in them can irritate the bladder. Some colors are more irritating than others. Be especially careful with red, blue, and purple dyes such as Kool-Aid, Hawaiian Punch and Gatorade.

Other items that may irritate the bladder are coffee and tea with or without caffeine, spicy foods, and any products containing artificial sweeteners such as aspartamine.

CUPID: Center for Urology and Pediatric Incontinence Disorders