



Blue Ridge Urogynecology

SUPERVISED BEHAVIORAL THERAPY HANDOUT

For Urinary Urgency, Frequency and Incontinence

Top Ten Bladder Irritants

1. Cranberry juice
2. Coffee
3. Sodas (diet and regular)
4. Spicy foods, food additives and artificial sweeteners
5. Tobacco
6. Alcohol
7. Chocolate
8. Strawberries and other acidic fruits
9. Tomatoes and Tofu
10. Herbal Teas