

Food and Drink that Affect the Bladder

Certain things your child eats and drinks can make his or her bladder feel different. It might hurt or burn when your child urinates or your child might have to urinate very suddenly or very often.

Food and drink that are **good** for the bladder:



- water
- flavored water without coloring or lightly colored
- juices without acid. Apple and cranberry are good choices, but give a mixture of equal parts of juice and water.
- decaffeinated tea
- any other noncarbonated (no bubbles) drinks.

Food and drink that are **bad** for the bladder:



Try to keep your child from eating and drinking them at all times:

- caffeine (caffeine is in coffee, tea, some sodas, and other foods, like chocolate)
- sodas (even the clear ones, with no caffeine, can bother your child's bladder)
- drinks with red and blue dye (brightly colored drinks, fruit punch, and some sports drinks).

Food and drink that **may bother** the bladder:

Some things may or may not bother your child. Try taking these out of your child's diet for 2 weeks. Then add them back 1 at a time. If your child starts having bladder problems again, that food or drink may be the problem. Have your child stay away from that food or drink.

- chocolate
- acidic juices — orange and grape cause bladder problems for many children. For other juices, give a mixture of equal parts of juice and water.
- dairy products, such as milk, cheese, pudding, and ice cream. Your child needs some dairy but not more than 3 to 4 servings in a day.

If you have any questions, call the Division of Pediatric Urology at (615) 936-1060.