

## FOOD AND BEVERAGE DIARY

[www.oabclinic.com](http://www.oabclinic.com)

Keeping a journal of your symptoms and what you eat and drink helps in identifying factors contributing to your bladder symptoms. Not all “triggers” will worsen your symptoms and some patients see no relationship between foods/beverages and their bladder symptoms.

Try to match any patterns you see between particular foods or beverages followed by more frequent trips to the bathroom. Bladder pain is not usually seen in association with Overactive Bladder (OAB). Patients with Bladder Pain Syndrome/Interstitial Cystitis (BPS/IC) often urinate frequently in response to bladder pain and this can also be triggered by certain foods.

**Date:** *Example*

Time of Day	Number of voids	Pain Level (0-3)	Foods Eaten
6 am – 10 am	3	1	<i>Toast, eggs, coffee</i>
10 am – 2 pm	5	0	<i>Hamburger, milkshake, Coke</i>
2 pm – 6 pm	2	2	<i>Nothing</i>
6 pm – 10 pm	4	0	<i>Spaghetti, tea, brownie</i>
10 pm – 6 am	3	1	<i>water</i>

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