

Diet has a direct effect on health, including pee leaks

One of the first things you can do to address leaking is free and easy: drink differently! Good management of diet and fluids optimizes one's ability to successfully manage or resolve leaking. Rather than limiting fluid intake, be smart about it so that you stay hydrated while reducing the risk of leaking.

What's wrong with avoiding fluids to prevent leaking?

Dehydration makes urine more concentrated, which can irritate the bladder and make leaking (as well as urinary frequency and urgency) worse. Dehydration can also lead to urinary tract infections (UTIs) and kidney stones. And, urine tends to smell worse when it's hyper-concentrated, so the odor from leaks can be stronger.

What should you do instead?

Instead of avoiding fluids to avoid leakage, aim to drink enough water to be hydrated, and then tailor what and when you drink.

- Drink fluids regularly throughout the day, using your urine color as a guide - it should be pale yellow if you're well-hydrated.
- Choose plain, non-carbonated water most of the time.
- Consume other healthy sources of hydration including soups, fruits, and vegetables. Foods with the greatest water content include watermelon, cucumber, pickles, lettuce, carrots, celery, cooked broccoli, and others (see list below).
- Limit fluids an hour or two before bed to reduce unwanted overnight voiding.
- Avoid food or beverage that makes leaking worse several hours before activities or events where you can't afford to leak, or when leaking is typically worse. (See below.)

Some foods and beverages make leaking worse or more likely

The items on the list here can irritate the bladder and make it harder to control leaking. Keeping track of leaks for a few days can reveal where daily patterns and choices may be contributing to symptoms, and where to make changes for better management of leakage.

- Alcohol (beer, wine, liquor)
- Caffeine (tea, coffee, energy drinks)
- Carbonation (sodas, sparkling water)
- Chocolate
- Dairy (milk, cream, cheese, yogurt)
- Sweet Stuff (things high in sugar), including candy, artificial sweeteners, juices, sweet tea, lemonade, sports drinks, etc.

Recommended reading

- [Ask the Experts: Incontinence and Drinking Water \(Urology Care Foundation\)](#)
- [Foods and Drinks that can Irritate Your Bladder \(Cleveland Clinic\)](#)
- [10 Foods Your Bladder Will Fall in Love With \(Urology Care Foundation\)](#)
- [Water Content Range for Selected Foods \(Table 1\)](#)
Barry M Popkin, Kristen E D'Anci, Irwin H Rosenberg, Water, hydration, and health, *Nutrition Reviews*, Volume 68, Issue 8, 1 August 2010, Pages 439–458, <https://doi.org/10.1111/j.1753-4887.2010.00304.x>