

## **DIET & NUTRITION MISTAKES**

1. Not identifying personal trigger foods early
  2. Assuming the IC diet is the same for everyone
  3. Eating too many acidic foods (e.g., tomatoes, citrus)
  4. Consuming caffeine regularly (coffee, tea, chocolate)
  5. Drinking carbonated beverages (soda, sparkling water)
  6. Not reading ingredient labels carefully
  7. Continuing to drink alcohol despite symptoms
  8. Using artificial sweeteners (e.g., aspartame)
  9. Ignoring food journals or not keeping one
  10. Trying elimination diets without guidance
  11. Eating processed or packaged foods
  12. Assuming "healthy" foods like berries or vinegar are safe
  13. Not drinking enough water to dilute the urine
  14. Drinking too much water too quickly
  15. Using lemon water or detox drinks
  16. Believing cranberry juice helps IC (it usually worsens it)
  17. Taking Vitamin C in citrus form (instead of buffered or ester-C)
  18. Eating spicy foods even in moderation
  19. Relying on over-the-counter probiotics that worsen symptoms
  20. Fasting or skipping meals and irritating the bladder
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## **SUPPLEMENTS & MEDICATION MISTAKES**

21. Not checking supplements for IC-friendly status
  22. Taking multivitamins with bladder irritants (e.g., B6, Vitamin C in ascorbic acid form)
  23. Stopping prescribed medications too soon
  24. Overusing antibiotics for suspected UTIs
  25. Taking bladder analgesics (like AZO) long-term
  26. Not discussing new supplements with your urologist
  27. Assuming natural = safe (some herbs irritate the bladder)
  28. Ignoring side effects of antihistamines or antidepressants
  29. Skipping doses of medications when symptoms improve
  30. Taking D-mannose when IC is not caused by E. coli
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## **MEDICAL & DIAGNOSIS MISTAKES**

31. Not getting an accurate diagnosis (confusing IC with UTIs)
32. Not seeking a specialist (like a urogynecologist or urologist)
33. Accepting "it's all in your head" from providers
34. Relying only on general practitioners without IC experience

35. Undergoing unnecessary invasive procedures too soon
  36. Avoiding pelvic exams or urodynamic tests
  37. Not ruling out overlapping conditions (e.g., endometriosis, vulvodynia)
  38. Assuming IC means you have an infection
  39. Not asking enough questions during appointments
  40. Giving up on medical treatment after one bad experience
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## **LIFESTYLE & MINDSET MISTAKES**

41. Believing IC is hopeless and untreatable
  42. Ignoring the role of stress and anxiety
  43. Being inconsistent with self-care routines
  44. Not practicing pelvic floor relaxation or physical therapy
  45. Avoiding exercise altogether
  46. Doing high-impact workouts that worsen symptoms
  47. Overexerting yourself during flares
  48. Suppressing emotions and burnout from chronic illness
  49. Not building a support system
  50. Letting fear of flares stop you from living life
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## **HYGIENE & PERSONAL CARE MISTAKES**

51. Using scented soaps, bubble baths, or bath bombs
  52. Wearing tight-fitting underwear or pants
  53. Not using cotton or breathable underwear
  54. Using feminine hygiene sprays or wipes
  55. Taking hot baths when symptoms are flaring
  56. Using harsh toilet paper or scented products
  57. Ignoring hygiene around menstruation
  58. Using condoms with spermicide (often irritating)
  59. Not urinating after sex
  60. Using tampons with fragrances or super-absorbency
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## **BLADDER HABIT MISTAKES**

61. "Just in case" peeing (training your bladder to hold less)
62. Delaying urination for too long
63. Not emptying the bladder completely
64. Avoiding hydration to pee less (which makes urine more irritating)
65. Ignoring nighttime urination patterns

- 66. Not recognizing signs of pelvic floor dysfunction
  - 67. Holding urine in public out of embarrassment or fear
  - 68. Assuming frequent urination is always due to IC
  - 69. Not tracking flare patterns
  - 70. Blaming every bladder issue on IC
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## **RELATIONSHIPS & EMOTIONAL WELL-BEING MISTAKES**

- 71. Not explaining IC to your partner or loved ones
  - 72. Isolating yourself due to embarrassment
  - 73. Ignoring how IC affects your mental health
  - 74. Avoiding intimacy out of fear
  - 75. Being hard on yourself for setbacks
  - 76. Not seeking counseling or therapy
  - 77. Comparing your journey to others
  - 78. Letting guilt or shame prevent healing
  - 79. Assuming no one understands your pain
  - 80. Not advocating for your needs at home or work
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## **RESEARCH & EDUCATION MISTAKES**

- 81. Not doing personal research
  - 82. Trusting random advice from social media without verifying
  - 83. Falling for miracle cures or scams
  - 84. Ignoring reputable IC organizations or resources
  - 85. Not joining a support group
  - 86. Assuming what worked for someone else will work for you
  - 87. Not educating family/friends about your condition
  - 88. Not following up on new treatment options
  - 89. Not understanding how the bladder works
  - 90. Forgetting IC can change over time (it's not always static)
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## **OTHER COMMON MISTAKES**

- 91. Thinking flares mean you're "back to square one"
- 92. Using heating pads too long or too hot
- 93. Over-focusing on IC and ignoring the rest of your health
- 94. Not addressing gut health and its connection to IC
- 95. Believing you need to "tough it out" during a flare
- 96. Over-sanitizing or being overly cautious with hygiene

97. Avoiding travel, fun, or activities altogether
98. Not preparing for flares with an emergency kit
99. Believing healing means being 100% symptom-free forever
100. Forgetting to celebrate small wins along the way