

IC Food Elimination & Reintroduction Log

A structured record for the IC elimination diet protocol — remove potential bladder irritants, then reintroduce one at a time to identify which ones affect your symptoms.

Name: _____

Elimination start date: _____

How this works: Phase 1 — remove all common bladder irritants for 2–4 weeks and note any symptom change. Phase 2 — reintroduce one food every 3–5 days, tracking symptoms at 24 and 48 hours. A dietitian or urologist familiar with IC can guide the specific foods to test and the timeline.

PHASE 1 — ELIMINATION

Food / drink removed	Date removed	Notes (why flagged / how often consumed before)

Baseline symptoms at start of elimination (0 = none, 10 = severe):

Pain: _____ Urgency: _____ Frequency (trips/day): _____

Week	Pain (0–10)	Urgency (0–10)	Frequency (trips/day)	Notes — what changed, how you feel overall
Week 1				
Week 2				
Week 3				
Week 4				



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PHASE 2 – REINTRODUCTION TRIALS

Reintroduce one food at a time. Wait 3–5 days before testing the next. Record symptoms at 24 and 48 hours after reintroduction.

Food reintroduced	Date introduced	Symptoms at 24 hrs (pain / urgency / other)	Symptoms at 48 hrs (pain / urgency / other)	Result <i>circle one</i>
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MY SAFE FOODS & DRINKS

MY CONFIRMED TRIGGERS

STILL TESTING

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