

WOMEN'S CLINIC, LTD.

LOW OXALATE DIET FOR PELVIC PAIN AND VULVODYNIA PATIENTS

Women with Chronic Pelvic Pain (CPP) and vulvodynia may benefit from a low oxalate diet. These women have been shown to have higher levels of calcium oxalate in their urine that peaks in relation to intensity of pain along with symptoms of urgency, frequency, muscle and joint pain, rectal itching and burning.

Oxalate is a chemical substance found in foods of plant origin. The most problematic foods are nuts, citrus fruits, wheat products, tea, cocoa products, spices such as ginger, pepper, and cinnamon, soy and peanut products and tomatoes.

A low oxalate diet may not be sufficient to effect a reduction in symptoms, although several women who tried a low-oxalate diet as their first course of action experienced significant pain reduction. It is recommended that you limit the moderate oxalate list to three times a week and avoid the foods on the high oxalate list. This diet may be included in with other recommendations by your physician/practioner.