



# Caffeine Reduction

## Patient Information

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The aim of this leaflet is to give you information about reducing your intake of caffeine.

Many bladder and bowel symptoms are made worse by caffeine.

Most people know that caffeine is found in coffee, but it is present in many other drinks, foods and some medicines.

Reducing the amount of caffeine you consume, or cutting it out completely, can make a big difference to bladder symptoms, especially frequency, urgency and incontinence.

Reducing the amount of caffeine you consume can be a difficult task. We therefore recommend that you do this gradually:

- If you cut out caffeine from your diet quickly, you may suffer from withdrawal headaches. These may develop after about 18 hours. Drink plenty of plain water.
- These headaches and low energy levels may last for a couple of days but the benefits will be worth it.
- Alternatively, we recommend that you reduce your intake by half a cup a day over a seven-day period building up to a level where you are consuming less than five caffeine containing drinks a week.
- Once you have reached this level of consumption it will be easier to take the decision to remove caffeine from your diet altogether.

<b>Coffee</b> 200ml (mug)	<b>Caffeine (mg)</b>	<b>Tea</b> 200ml (mug)	<b>Caffeine (mg)</b>
Weak (instant)	45	Bags/leaves weak	20
Medium (instant)	60	Medium	40
Strong (instant)	90	Strong	70
Decaffeinated (instant)	2	Decaffeinated	1
Percolated	100	Herbal	0
Drip Method	140	Green tea	20 – 30
Cappuccino	80	Decaffeinated Green Tea	2 – 3
Espresso (instant)	80	<b>Chocolate Products</b>	
Macchiato	120		
Mocha	70		
		Cocoa (1 teaspoon)	6
		Dark Chocolate 50g	33
		Milk Chocolate 50g	12
		Cooking chocolate 50g	40
		Chocolate milk 200ml	6
		Chocolate syrup 30ml	4
<b>Soft Drink</b> 330ml (can)		<b>Over-the-counter medications</b>	1 tablet
Pepsi	33	Travelcalm	200
Pepsi max	40	No-Doz Plus	100
Coca cola/diet coke	44	No-Doz Awakeners	100
Caffeine free coca cola/diet coke	0	Paracetamol Plus	60
Irn Bru	33		
Red Bull (one can)	93		

If you need further help speak to your, doctor, nurse or physiotherapist or your local Continence Advisory and Treatment Service (CATS):

Angus: 01307 468383  
Dundee: 01382 443528  
Perth: 01738 564258  
Colorectal Nurse Specialist: 01382 632335

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This leaflet can be made available in other languages and formats on request by telephoning  
NHS Tayside Health Information Co-ordinator on  
01382 660111 extension 13410