

Benefits of switching to decaffeinated tea and coffee

Continence Service

Information for Patients

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Leicester's hospitals now serve decaffeinated tea and coffee on all wards.

What is decaf tea and coffee?

Caffeine is a natural chemical. It increase activity in the brain and nervous system. Caffeine can be in foods and drinks like tea and coffee.

Decaf is short for decaffeinated. Decaffeinated tea or coffee is when caffeine is removed from the coffee beans or tea leaves. It can still have very low levels of caffeine in it.



Why are decaf drinks better for my bladder health?

Having an overactive bladder means feeling urgency when needing to pee and going to the toilet often in the day or night.

There are certain drinks that will make this worse like caffeine. Caffeine found in tea and coffee can the irritate the bladder. Switching to decaf tea and coffee will improve your bladder health. It will reduce urinary symptoms.

It can reduce the risk of having a fall when rushing to reach the toilet in time.

If you are an inpatient at one of our hospitals and have a overactive bladder, ask your nurse or doctor to refer you to the hospital Continence Service.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Are there other benefits?

Other benefits of switching to decaf tea or coffee are:

- improved sleep
- reduce noticeable or irregular heart beats (palpitations)
- helps prevent dehydration and headaches
- reduces indigestion
- reduces risk of a condition that weakens bones (osteoporosis). This is because caffeine stops the absorption of calcium.

Caffeine withdrawal

If you normally drink a lot of caffeinated tea and coffee you may have some withdrawal headaches. You can get these headaches 18 hours after not drinking tea or coffee. If this happens drink plenty of plain water. Headaches and low energy levels may last for a couple of days but the benefits will be worth it.

If you want to switch to decaf tea or coffee, we advice that you reduce your caffeine intake by half a cup each day until you are drinking less than 5 caffeinated drinks a week.

When you have reached this level it will be easier to take the decision to remove caffeine from your diet altogether.



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