

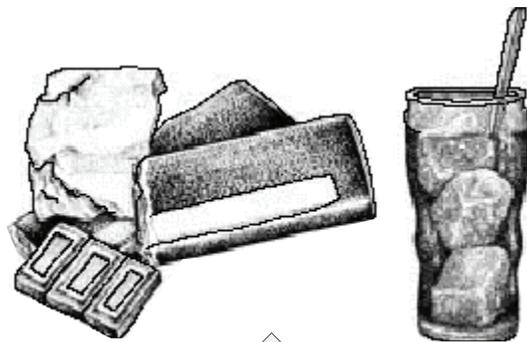
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## What is caffeine?

Caffeine is the world's most popular drug. The white, bitter-tasting substance was first isolated from coffee in 1820.

Caffeine has a direct effect on the brain and central nervous system. Three or more cups of coffee can give you the "jitters".

Other side effects of caffeine intake can include insomnia, headaches, irritability, nervousness, heartburn, indigestion, and frequent urination.



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## How does caffeine affect your bladder?

Caffeine is a diuretic which means that it results in an increase in frequency of urination. It can also increase the urge to urinate if consumed in excessive amounts.

Caffeine is thought to have a direct effect on the bladder's smooth muscle. It may irritate the tissues of the bladder and potentially cause an involuntary bladder contraction. This can contribute to urge incontinence.

**Excessive intake of caffeine is 3 to 4 cups of brewed coffee (400 to 450 mg of caffeine)**

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## Tips for Reducing Caffeine

- ◆ Cut caffeine intake at a rate of 1/2 cup a day. This is known as Caffeine Fading.
  - ◆ Plan to reduce your intake over a 1 to 2 week period. This way you can avoid a withdrawal headache or any other unpleasant symptoms.
  - ◆ Replace caffeinated beverages with vegetable or fruit juice, milk, water or other decaffeinated beverages; especially with meals.
  - ◆ Drink caffeine-free colas instead of regular colas.
  - ◆ Caffeine acts as a diuretic, so it draws water out of the body. To maintain proper hydration of your body, balance your intake of caffeinated beverages with non-caffeinated ones.
  - ◆ If you use caffeine to keep you awake, rethink your lifestyle. Perhaps you need more sleep!
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## Sources of Caffeine

**Source**                      **Milligrams (mg) of Caffeine**

### Coffee (6 oz / 180 ml)

Brewed.....	71 - 150
Instant.....	20 - 130
Decaffeinated.....	1.9 - 9

### Tea (6 oz / 180 ml)

Weak.....	18 - 24
Strong.....	78 - 108
Green.....	18 - 30
Decaffeinated.....	0 - 9
Iced.....	4 - 20

### Cola Drinks (12 oz / 355 ml)

1 can.....	30 - 47
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### Energy Drinks (8 oz / 250 ml)

Average.....	76 - 80
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Note that amount varies with specific products and label reading is important

### Cocoa Products

Hot chocolate (6 oz/180 ml).....	6 - 30
Chocolate milk (250 ml).....	2 - 7
Dark chocolate (56 g).....	40 - 50
Milk chocolate (56 g) .....	3 - 20

### Remember:

- **The amount of caffeine in products varies depending on the brand, how it was prepared, and the serving size.**

**90% of the caffeine we consume comes from coffee and tea.**



**1 cup of tea usually contains less caffeine than 1 cup of coffee because much less tea than coffee is used during preparation.**

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# Caffeine



**Information about what it is, where it is found and how it can affect you**

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