

Sources of Caffeine

<u>Source</u>	<u>Mg of Caffeine</u>
Coffee (6 oz / 180 ml)	
Automatic percolated	72 - 144
Filter drip	108 - 180
Instant, regular	60 - 90
Instant, decaffeinated	less than 6
Tea (6 oz / 180 ml)	
Weak	18 - 24
Strong	78 - 108
Decaffeinated	less than 0.08
Iced (12 oz. / 360 ml)	67 - 76
Cola Drinks (12 oz / 355 ml)	
1 can	28 - 64
Mountain Dew (in Canada)	0
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
Medications (1 tablet or capsule)	
Cold remedies	15 - 30
Headache relievers	30 - 32
Weight control aides	120 - 200
Some diuretics	40 - 100

The amount of caffeine in a product varies depending on the brand, how it was prepared, and the serving size.

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



1 cup of tea often contains less caffeine than 1 cup of coffee because much less tea is used to prepare it.

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Caffeine



What it is, where it is found and how it can affect you.

St. Joseph's
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What is caffeine?

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

Caffeine has a direct effect on the brain and central nervous system. For example, 3 or more cups of coffee can give you the "jitters".

Other side effects of caffeine are insomnia, headaches, irritability, nervousness, heartburn, indigestion, and frequent urination or peeing.



Caffeine and your bladder...

Caffeine is a diuretic which means that it can lead to an increase in frequency of urination or peeing. It can also increase the urge to urinate if you have too much.

An example of too much caffeine is drinking 3 to 4 cups of brewed coffee or (400 to 450 mg of caffeine)

Research has shown that caffeine may have a direct effect on the bladder's smooth muscle. It may irritate the tissues of the bladder and cause an involuntary bladder contraction. This can contribute to urge incontinence.

Tips for Reducing Caffeine

- ♦ Cut down caffeine intake at the rate of 1/2 cup a day. This is known as Caffeine Fading.
- ♦ Plan to reduce your intake over a 1 or 2 week period. This way you can avoid a withdrawal headache and 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!